What is Interactive Metronome?
Interactive Metronome (IM) is an evidence-based training and assessment tool. IM is shown to improve cognition, attention, focus, memory, speech/language, executive functioning, comprehension, as well as motor & sensory skills.

Goals of IM include:
1. Improve neural timing & decrease neural timing variability (jitter) that impacts speech, language, cognitive, motor, & academic performance.
2. Build more efficient & synchronised connections between neural networks.
3. Increase the brain’s efficiency, performance & ability to benefit more from other rehabilitation & academic interventions which improves patient’s ability to process executive functioning information.

Who benefits from IM?
People with the following conditions may benefit:

- Attention Deficit/Hyperactivity Disorder
- Autism Spectrum Disorders
- Auditory Processing Disorder
- Sensory Processing Disorder
- Language-Learning Disorders
- Dyslexia and Other Reading Disorders
- Executive Function Disorder
- Stroke
- Cerebral Palsy
- Traumatic Brain Injury/Concussion
- Brain Tumour
- Parkinson’s
- Multiple Sclerosis

IM improves neural timing and synchronisation which can improve:

Cognitive abilities:
- executive functions
- attentional control
- initiation
- behavioural self-regulation
- self-monitoring
- self-correction
• problem-solving
• attention
• focused
• Shifting
• Selective
• Divided
• working memory
• cognitive processing speed
• cognitive stamina
• planning, organizing and sequencing
• time-management

Speech & language skills:
• auditory processing
• receptive language
• expressive oral and written language
• reading comprehension and fluency
• articulation and speech intelligibility
• phonological processing
• motor speech (apraxia)
• thought organization

Behavioural skills:
• conversational skills
• eye-contact
• reciprocal social interactions (timing, turn-taking, humour)
• impulse control
• aggression
• hyperactivity disinhibition
• affect and vocal inflection

Sensory processing:
• sensory over-responsivity
• sensory under-responsivity
• sensory-seeking behaviour
• sensory discrimination
• sensory-based motor skills
  o praxis
  o posture

Motor skills:
• motor planning and sequencing (praxis)
• coordination
• balance
• gait
• posture
• functional mobility
• ADLs and IADLs
• handwriting
• functional use of hemiplegic limb(s)
• functional use of prosthetic limb(s)

Academic performance:
• reading rate, fluency and comprehension
• mathematics
• attention to relevant information, to class work,
• comprehension of verbal instructions and class lectures
• thought organisation and attention to spelling and punctuation for writing
• thought organisation for oral presentations
• timely completion of assignments and tests
• sequencing and organizational skills

Contact theteam@wholefamilyhealth.com.au or call 9833 3363 to book an appointment with the physiotherapist if you’re interested in trying the interactive metronome.