Whole Family Health

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If this information would be more accessible to you in another format, please let us know

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INTERACTIVE METRONOME

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

We work on the land of the Dharug people, who believe ***gulungarri mareiin*** *(children are sacred). We truly agree & thank the Dharug people for sharing their rich culture with us & all cultures that we welcome into our extended family.*

- 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
    - praxis
    - 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.