



Frequently Asked Questions



What is Interactive Metronome?

A computer based training program shown to improve attention coordination and timing, providing a non-invasive way to stimulate learning and development. Backed by nearly a decade of research and development, the IM strengthens mind muscle connections. Once those connections are improved it allows those trained to plan better and be more organized. The Interactive Metronome is used as an assessment and for training. The IM objectively measures a person's ability to stay on the "beat". Based on this measurement, timing deficiencies and their severity can be identified.

Who can benefit from going through the IM program?

IM is for children and adults who have trouble with paying attention, learning, and motor control/coordination. Patients with ADD/ADHD/ Learning disabilities, TBI, CVA, Parkinson's disease and Autistic Spectrum Disorder may benefit. As with any intervention, the varying degrees of severity affect the immediacy of the outcome. As long as the patient is able to make repetitive limb movements, results from IM training should be seen over time. A double blind, placebo controlled study found those undergoing IM training showed significant improvements in the following areas:

- Attention/Focus
- Motor Control/Coordination
- Language Processing
- Reading Fluency
- Control of Aggression

Other studies have shown significant correlations between Interactive Metronome and academic achievement in mathematics, language and reading.

How long does it take to complete IM testing?

The length of the program will vary with each patient and his/her diagnosis. Typically, sessions will not be longer than 30 minutes per visit.

Can the IM be used with all ages and capacity levels?

IM's adaptive design can be used with a broad spectrum of clients as long as they are "developmentally" six years of age and older. Current IM providers have trained individuals from pediatric to geriatric.

How long do the positive effects of IM training last?

Case studies monitored over the past five years indicate that lasting residual effects may be obtained after an individual completes their training. Patients tested 6 and 12 months post-training exhibit nearly identical performance on the IM as achieved during the training process. Further long-term studies are underway.



Here's what thought leaders say about IM:

"Attention, learning and problem solving depend in part on the ability to plan and sequence actions and ideas. The Interactive Metronome® helps individuals systematically exercise and often improve basic motor planning and sequencing capacities."

Stanley Greenspan MD, a noted child psychiatrist and ex-head of the NIMH is Chairman of IM's Scientific Advisory Board.

"The Interactive Metronome® is spectacularly helpful. It is one of the most promising developments with non-medication of ADHD that's come along in a long while... This is really solid, extremely helpful non-medication (intervention) not only for ADHD but for mental functioning in general."

Edward Hallowell MD, author of Driven to Distraction, and leading clinician and speaker on ADHD

The Interactive Metronome "has shown great promise in kids with Attention Deficit Disorder."

Emily Senay MD, Medical Editor, CBS Early Show, April 20, 2001

"As for the clinical usefulness of the IM, as my intuition originally suggested, I have found the IM to be an extremely helpful intervention for motor planning and sequencing problems. It is helpful in the motor and sequencing aspects of language as well as attention and motor coordination."

LorRainne Jones, MA, CCC, SLP, PhD, heads Kid Pro Therapy, a speech, occupational and physical therapy center in Tampa, FL and author of the book For Parents and Professionals: Expressive Language Delay

"In our clinical experience, IM training appears to address spatial problems at the neural level – preparing the brain to be receptive to learn – and because of the repetitions it becomes automatic."

Barbara Fisher, PhD, a Neuropsychologist and head of Cognitive Precision Therapy

"As occupational therapists, we have found the Interactive Metronome to be a very valuable tool for improving rhythmicity, timing and sequencing in children and adults with sensory integration problems. Upon completing the IM program, our clients have noticed significant improvements in their coordination, focus and ability to process information."

Jane Koomar, Ph.D., OTR/L, FAOTA
Executive Director, Occupational Therapy Associates in Watertown, MA

*For more information regarding Interactive Metronome therapy and other chiropractic neurological therapies for disorders such as ADD (Attention Deficit Disorder), ADHD (Attention Deficit Hyperactivity Disorder), PDD (Pervasive Developmental Disorder), OCD (Obsessive-Compulsive Disorder), Tourette's Syndrome, Asperger's Syndrome and Autism, please call **631-265-1223** or visit: **www.newlifechiropractic.com***