



Interactive Metronome

What is Interactive Metronome?

The Interactive Metronome (IM) is a brain based rehabilitation assessment and training program developed to directly improve the processing abilities that affect attention, motor planning, and sequencing. IM strengthens motor skills, including mobility and gross motor function, and many fundamental cognitive capacities such as planning, organizing, and language.





How does IM work?

The IM program provides a structured, goal-oriented training process that challenges the patient to precisely match a computer generated beat.

Participants are instructed to synchronize various hand and foot exercises to a reference tone heard through headphones. The patient attempts to match the rhythmic beat with repetitive motor actions such as tapping toes on a floor sensor mat or hand clapping while wearing an IM glove with palm trigger.

Who can benefit from an IM program?

Individuals with motor planning and sequencing problems, speech and language delays, motor and sensory disorders, learning deficits, and various cognitive and physical difficulties may benefit from the IM program. Patients who have benefitted from IM include those with: Sensory Integration Disorder, Autism Spectrum Disorder, ADD/ADHD, and Cerebral Palsy.

For more information, contact us at (864) 595-4225 or (864) 627-0009.