

# HOW DOES interactive metronome WORK?

training your brain & body to work better together.

## 5 SIMPLE STEPS TO IM TRAINING

## THE BRAIN & NEUROTIMING®

## THE EQUIPMENT

**1** The client performs a suite of physical movements to a computer-generated metronome beat.

**2** IM's guide sounds & visual cues provide the client with real-time millisecond feedback, indicating an early - late - or - in-sync hit with the beat.

**3** The client processes IM's feedback while fine-tuning the motor movement being performed in an attempt to improve the millisecond score.

**4** As millisecond accuracy is improved, neural efficiency is strengthened, which indicates improvement in the brain's ability to synchronize thought & movement.

**5** The IM program is tailored to each client's needs. The length varies from 12-45 sessions with each session lasting 15-45 minutes.

The **BRAIN** is made up of many regions that are responsible for different functions, for cognitive processing and physical movements.

In order to complete a task, such as reading a book or walking without falling, several regions must "talk" to each other & be "in-sync."

Quick, precise brain timing, or **NEUROTIMING®**, is critical for accurate communication in the brain's network. Neurotiming® is what allows us to:

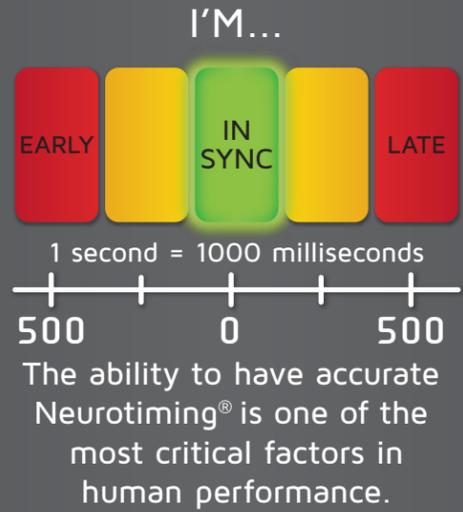
- FOCUS (lightbulb icon)
- PLAY A SPORT (basketball, soccer, tennis icons)
- PROCESS LANGUAGE (person with speech bubble icon)
- GET GOOD GRADES (ABC, 1+1=2 icons)

If Neurotiming® is poor, a deficit is often displayed.

**HEADPHONES** are worn during training, so the client can hear the auditory components of IM.

The **MCU** is the "timekeeper" for IM training, providing a reliable, steady metronome beat and guide sounds. **IM UNIVERSE® SOFTWARE** is run on a computer & features the visual feedback system, which includes engaging animated games.

### IM GUIDE SOUNDS, VISUAL CUES & MILLISECOND FEEDBACK



The **BUTTON TRIGGER** is usually worn on the client's dominant hand for upper extremity exercises.

The **InMotion** trigger set allows clients to be as far as 25ft from the equipment, while performing multitasking exercises such as walking & talking.

Clients typically use the **TAP MAT** for lower extremity exercises & it can also be used for fine motor upper extremity exercises.

THE GOAL OF IM TRAINING IS TO IMPROVE BRAIN TIMING, OR NEUROTIMING®, THROUGH RHYTHM & REPETITION.

[www.InteractiveMetronome.com](http://www.InteractiveMetronome.com)