

Interactive Metronome (IM)

Interactive Metronome (www.interactivemetronome.com) is a research based training program that addresses temporal processing (timing in the brain). It involves timed motor movements where the child participates in a range of hand and foot exercises while matching the rhythmic beat from auditory-visual cues on the computer. Immediate feedback is provided to help synchronize the body's internal clock.

Our IM certified therapists can use this program as a part of therapy in the clinic and it can also be provided as a home program for appropriate candidates.

Results of this program can include improved:

Motor coordination
Balance
Sequencing/motor planning
Physical endurance
Focus/attention
Sensory integration
Organizational skills
Impulse control
Speech processing

For further information, please call our office at 908-879-7067.