

# HOW DOES interactive metronome WORK?

training your brain & body to work better together.

## 5 SIMPLE STEPS TO IM TRAINING

**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 & NEUROTIMING®

The **BRAIN** is made up of many regions that are responsible for different functions, both cognitive process & physical movement.

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:



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



## THE EQUIPMENT

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

The **MCU** is the "time-keeper" for IM training. It provides the steady metronome beat & 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

I'M...



The ability to have accurate Neurotiming® is one of the most critical factors in human performance.

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

The **InMotion** trigger set allows clients to de-tether from the equipment & incorporate gait exercises into IM training.

Clients typically use the **TAP MAT** for lower extremity exercises.

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

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