



HOW DOES interactive metronome WORK?

training your brain & body to work better together.

5 SIMPLE STEPS TO IM TRAINING

THE BRAIN & NEUROTIMING®

THE EQUIPMENT

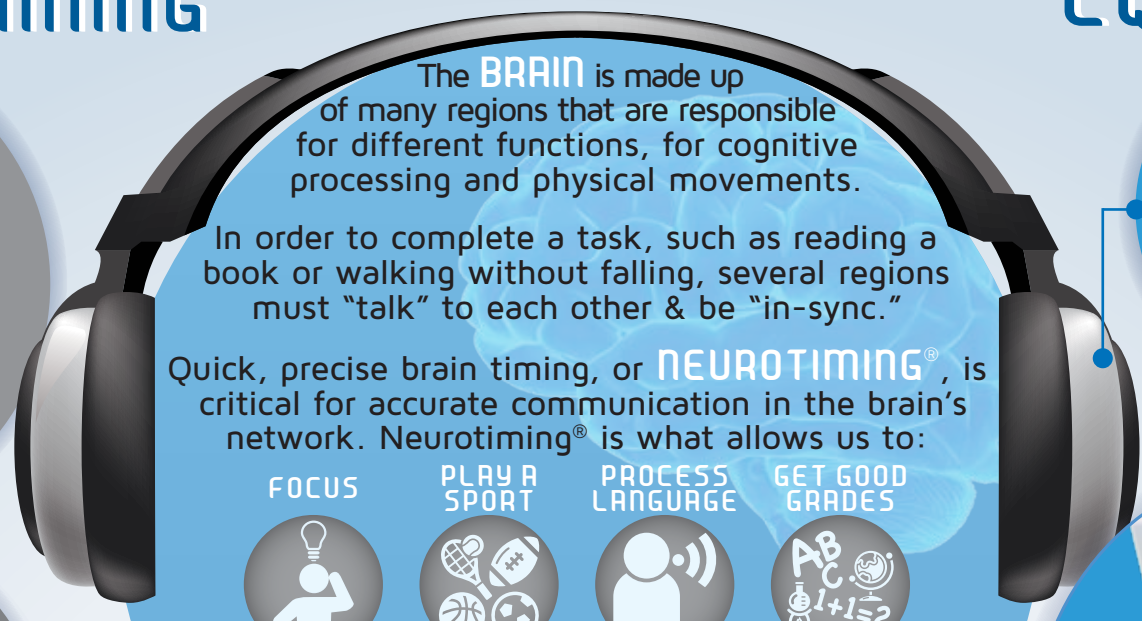
1 The client performs a suite of physical movements to a computer-generated metronome beat.

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.

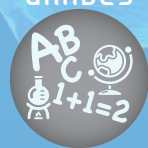


The **BRAIN** is made up of many regions that are responsible for different functions, for cognitive processing and physical movements.

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
- PLAY A SPORT
- PROCESS LANGUAGE
- GET GOOD GRADES



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



POOR TIMING

PRECISE TIMING

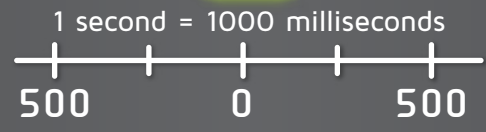
HEADPHONES are worn during training, so the client can hear the auditory components of IM.



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

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 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