

The Children's Insti

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The Interactive Metronome Program at The Children's Institute of Pittsburgh

About the Interactive Metronome

Patients aim to match a sequence of exercises with a beat provided by a computer. Exercises are tailored to meet each patient's specific needs based on initial and ongoing testing. A computer provides auditory and visual feedback which is adjusted by the therapist as needed to help each patient improve their ability to match the beat. Through a high volume of repetitions of these exercises, Interactive Metronome may improve motor planning, order of skills, motor coordination, balance, gait, and attention to tasks.



The Interactive Metronome Program at The Children's Institute involves a blend of Interactive Metronome training and traditional therapy to improve functional skills, coordination, balance, and gait. The program consists of sessions three days a week for five weeks, with each session lasting about 45 minutes. A typical session includes several hundred exercise repetitions followed by practice of functional skills to improve patients' participation and performance in activities of daily living.

To learn more or to make an appointment, please contact us at 412.420.2362 or visit amazingkids.org



Who can Benefit

Although patients of any age can benefit from Interactive Metronome training, patients five years and older are most appropriate to participate in the Interactive Metronome Program at The Children's Institute. Children diagnosed with (but not limited to) ADHD, Autism Spectrum Disorder, Brain Injury, Cerebral Palsy, Sensory Processing Disorder, Concussion and Orthopedic Injuries with deficits in motor planning, sequencing, bilateral coordination, muscular endurance, and gait form may be appropriate for inclusion in the program. It can also be used to improve sports and athletic performance as well as cognitive function and school performance.



Criteria for Enrollment:

- Patients should be at least 5 years of age at the start of the program
- Patients must have the ability to follow and understand directions
- Patients must be motivated to work without the presence of negative behaviors
- Patients must have adequate hearing to detect the metronome beat
- Patients must be evaluated by a member of the therapy team and deemed appropriate for the program