



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

The Interactive Metronome Program at The Children's Institute of Pittsburgh is an integrated Physical Therapy and Occupational Therapy program which involves a blending of Interactive Metronome training and traditional therapy to improve functional skills, coordination, balance, and gait. The program consists of sessions at least three days per week, with each session lasting about one hour. A typical session aims to include several hundred customized exercise repetitions followed by practice of functional skills to improve patients' participation and performance in activities of daily living.

About Interactive Metronome

Interactive Metronome is a computer-based program designed to help overcome attention, memory, and coordination limitations. A child will hear a computer-generated beat through headphones and use foot and hand sensors to coordinate their movements to the rhythm, working to improve their timing. The computer will provide auditory and game-like visual feedback in real time, in amounts and forms determined by a therapist to help each patient improve their ability to match the beat.

Through a high volume of repetitions of these exercises, the goal of Interactive Metronome is to help patients learn to:

- Progressively improve coordinated movements and performance with better mental timing
- Increase physical endurance and stamina
- Focus and attend for longer periods of time
- Improve ability to monitor and self-correct mental and physical actions as they are occurring



Locations at The Children's Institute Offering the Interactive Metronome Program

- Squirrel Hill 412.420.2362
- Wexford 724.940.7660
- Bridgeville 412.838.0212



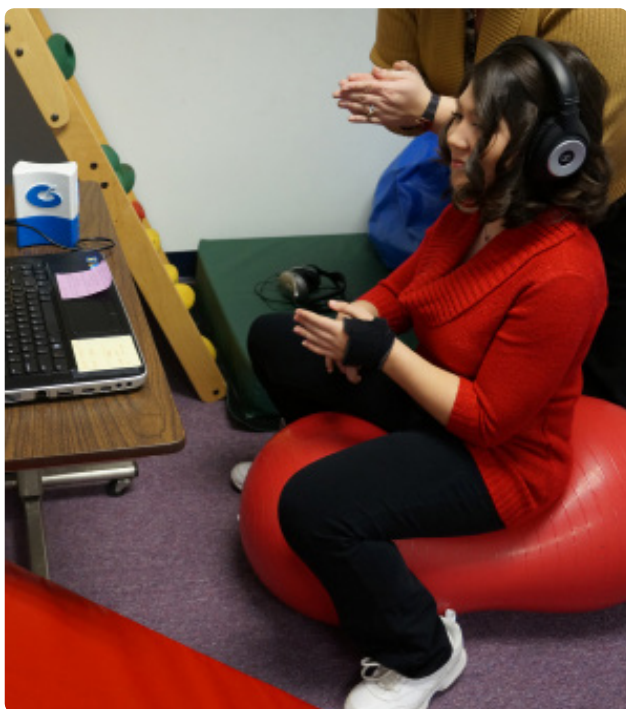
To learn more or to make an appointment, please contact a convenient location listed above or visit amazingkids.org.



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.

Research supports that impaired mental timing can be a contributing factor to performance deficits in children with ADHD and Autism Spectrum Disorder. Children who have these or other diagnoses -- such as Brain Injury, Cerebral Palsy, or Sensory Processing Disorder -- and who have deficits in motor planning, sequencing, bilateral coordination, muscular endurance, and gait form may be appropriate for participation in the program. It can also be used to improve sports and athletic skill, 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 towards their individual program goals
- 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