

# New Technology Helps Children With ADD/ADHD

Focus Therapy Services, Inc. now offers the *Interactive Metronome Program*

## What is Interactive Metronome® (IM)?

The Interactive Metronome ® (IM) is the only research-based technology program that uses interactive exercises and a patented auditory guidance system to measure and improve one's rhythm and timing. By improving this fundamental ability, the individual learns to plan, sequence and process information more effectively. This in turn, positively impacts a wide-range of cognitive and behavioral challenges experienced by those with ADD/ADHD.

## How does IM work?

Using headphones, along with hand and foot sensors, the IM precisely measures how closely a participant responds to computer-generated musical beats. In approximately 15 one-hour sessions, participants progress through a series of engaging, interactive exercises to systematically improve their timing, focus, and concentration. Like training wheels on a bicycle, the patented auditory guidance system instantaneously provides feedback on the accuracy of each movement and encourages improvement.

## What are the Benefits?

A double-blind, placebo controlled study of individuals diagnosed with ADHD, found those undergoing IM training showed significant improvements in:

- **Attention and Focus**
- **Motor Control and Coordination**
- **Reading/Math Fluency**
- **Sequencing**
- **Mental Processing Speed**
- **Reaction Time**
- **Information Recall**
- **Range of Motion**
- **Control of Aggression and Impulsivity**
- **Language Processing**

This study was published in the *American Journal of Occupational Therapy, March 2001*. These findings are consistent with recent research on the growth of the brain that indicates that environmental influences, not just genetics, can facilitate brain development.

## How can I learn more about IM?

Call today for more information.

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