

# Introduction to Interactive Metronome & Gait Mate: Tools to Improve Cognitive & Motor Function



## Course Description:

The IM Gait Mate is a tool designed to assess and treat an individual's planning, sequencing, and motor coordination while ambulating. The Gait Mate provides rhythmic auditory stimulation to facilitate improved gait cadence, step length, and walking speed. Guide sounds provide biofeedback to cue the client if they are off the beat. Gait Mate improves motor planning and sequencing by using neuro-sensory and neuro-motor exercises developed to promote neuroplasticity. The purpose of this course is to introduce the benefits of the Interactive Metronome and Gait Mate when treating clients with planning, sequencing, and coordination impairments.

*\*Contact hours/AOTA CEUs are offered pending successful completion of a written exam at the end of the course.*

## Target Audience:

This course welcomes the following professionals who have completed the Interactive Metronome Certification Course.

- Occupational Therapist
- Occupational Therapy Assistant
- Physical Therapist
- Physical Therapy Assistant
- Athletic Trainer
- Licensed Medical Professional

## Instructional Level:

Introductory

## Learning Outcomes:

Upon completion of this course, participants will be able to:

1. Review timing structures of the brain involved in mental and interval timing skills. Discuss the importance of mental and interval timing skills to efficiently perform activities of daily living.
2. Review desired outcomes when using Gait Mate during therapy sessions.
3. Review a case study highlighting how to incorporate Interactive Metronome and Gait Mate into treatment sessions to improve motor coordination, balance, timing, and gait biomechanics.

*\*Note: This course covers information that pertains to licensed therapists and therapy assistants. OTA and PTA professionals must practice IM under the supervision of a licensed OT or PT.*

## Instructor:

**Shelley Thomas, MPT** received her physical therapy degree from the Mayo Clinic in 1999 and is currently the Director of Rehabilitation at Idaho Elks Rehabilitation Hospital in Boise, Idaho. She has worked primarily adults with neurological and general medical issues and has embraced incorporating Interactive Metronome and Gait Mate into treatment sessions. She serves as the lead therapist at her facility working with physical, occupational, speech, and recreational therapists to educate them about how to incorporate IM and Gait Mate into their treatments to improve functional outcomes. Shelley has been teaching IM Certification Courses since 2008 and has contributed to the development of the Gait Mate Certification Course.

**Instructor Financial Disclosure(s):** Shelley has been a member of Interactive Metronome's Clinical Advisory Board, for which she has received an annual honorarium from Interactive Metronome. She is the author/co-author of courses that focus on the clinical application of Interactive Metronome technology, for which she has received honoraria from Interactive Metronome, Inc. She does not receive royalties or any other form of compensation for the continued publication and use of educational materials she has authored/coauthored. Shelley has also been an instructor for Interactive Metronome, for which she has received a fee for teaching each course and reimbursement of travel expenses from Interactive Metronome, Inc. Shelley does not sell or receive compensation for the sale of Interactive Metronome products.

**Instructor Nonfinancial Disclosure(s):** Shelley is the Director of Rehabilitation at Idaho Elks Rehabilitation Hospital in Boise, Idaho where Interactive Metronome is used in clinical practice.

## Course Content Disclosure:

The Interactive Metronome, Inc. has developed and patented a licensed technology trademarked as the Interactive Metronome®. (U.S. Patents #4,919,030; #5,529,498; #5,743,744; #6,719,690; other U.S. and foreign patents pending) Interactive Metronome, Inc. is the sole source of the following products: Interactive Metronome®, Gait Mate® and IM

Education Department Contact Info: [imcourses@interactivemetronome.com](mailto:imcourses@interactivemetronome.com), 877-994-6776 opt 3 (US Only), 954-385-4660 opt 3, Fax: 954-385-4674

Home®. Because there are no other like-kind products available, course offerings will only cover information that pertains to the effective and safe use of the above-named products.

**Course Origination Date\*:** 6/11/2009

\*Course content is reviewed annually to make sure it remains current and relevant to the practice of Interactive Metronome.

**Agenda (60 minutes):**

- Speaker introduction & disclosure
- Overview of Interactive Metronome & Gait Mate
- Patient Selection
- Treatment Planning with Gait Mate
- Science
- Case Studies
- Q & A
- Online post-test & course evaluation

**Instructional Methods:**

LECTURE, PPT, PHOTOS

**Contact Hours/AOTA CEUs:**

0.1 AOTA / 1.25 NBCOT PDUs (1.0 contact hour)

PT/PTA & Other Disciplines Not Listed Above: If your discipline or state is not listed above, you may submit paperwork to your state board or association for CEUs if they allow you to do so. Please check with your state board/association prior to registering for this course.

This is not a co-sponsored or cooperative course offering. Interactive Metronome, Inc. is the organization responsible for creating the content & awarding AOTA CEUs.



Interactive Metronome, Inc is an AOTA Approved Provider (#4683). This introductory course is offered for 1 contact hour/ 0.1 AOTA CEU (Classification Codes - Domain of OT-ACTIVITY DEMANDS, Domain of OT - PERFORMANCE SKILLS, OT Process-INTERVENTION). The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.