

COASTAL

Therapy & Learning Center

Coastal Therapy is proud to announce a new and innovative program,



interactive
metronome.

***Interactive Metronome** is an advanced brain-based treatment program designed to promote and enhance brain performance and recovery. This is accomplished by using innovative neurosensory and neuromotor exercises developed to improve the brain's inherent ability to repair or remodel itself through a process called neuroplasticity.*

The IM program provides a structured, goal-oriented process that challenges the patient to synchronize a range of hand and foot exercises to a precise computer-generated reference tone heard through headphones. The patient attempts to match the rhythmic beat with repetitive motor actions.

IM Neurological and Motor Rehabilitation works by addressing brain timing, rhythmicity, and synchronicity thereby increasing the speed and coordination of informational signals within the brain.

Clinical Benefits of IM

IM neurological and motor rehabilitation helps improve patients'

- ◆ ***Motor planning and Sequencing***
- ◆ ***Motor Skills and Motor Function***
- ◆ ***Social Communication***
- ◆ ***Planning and Sequencing***
- ◆ ***Attention and Concentration***
- ◆ ***Control of Impulsivity and Aggression***
- ◆ ***Memory***

Indications

- ◆ ***Asperger syndrome***
- ◆ ***Ataxia***
- ◆ ***Attention deficit Disorder/ADHD***
- ◆ ***Autism***
- ◆ ***Cerebral Palsy***
- ◆ ***Developmental Delays***
- ◆ ***Learning disabilities***
- ◆ ***Neurological Impairments***
- ◆ ***Sensory Integration Disorders***

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Inclusion Criteria

- ◆ ***Minimum age of 6 years***
- ◆ ***Tolerance for wearing headphones***
- ◆ ***Ability to understand and follow simple directions***
- ◆ ***Ability to initiate and sustain repetitive movements***

Attention Deficit Disorder and Attention Deficit Hyperactivity Disorder

Attention Deficit Disorder (ADD) and Attention Deficit Hyperactivity Disorder (ADHD) are being diagnosed with increasing frequency in children.

AD/HD is a neurobiologically-based developmental disability estimated to affect between 3-5% of the school age population (Professional Group for Attention and Related Disorders, 1991).

Though the cause of ADHD is undetermined, evidence suggests:

- ◆ *The disorder is genetically transmitted in many cases*
- ◆ *Results from a chemical imbalance or deficiency in certain neurotransmitters, or chemicals that help the brain regulate behavior.*

The primary characteristics of ADHD are inattention, hyperactivity, and impulsivity.

Signs of inattention:

- ◆ *Often becoming easily distracted by irrelevant sights and sounds*
- Often failing to pay attention to details and making careless mistakes*
- ◆ *Rarely following instructions and losing or forgetting things needed for a task*
 - ◆ *Skipping from one uncompleted activity to another*

Signs of hyperactivity and Impulsivity:

- ◆ *Feeling restless, often fidgeting with hands or feet, or squirming while seated*
- ◆ *Running, climbing, or leaving a seat in situations where sitting or quiet behavior is expected*
- ◆ *Blurting out answers before hearing the whole questions*
- ◆ *Having difficulty waiting in line or taking turns*

Diagnosing ADHD

DSM-IV suggests that other than the primary characteristics of inattention, hyperactivity, and impulsivity, additional

Essential diagnostic features include:

- ◆ *Symptoms must persist for at least 6 months*
- ◆ *Some of the symptoms causing the impairment must be present before age 7*
- ◆ *Some impairment from symptoms is present in two or more settings (i.e. school, work, home)*

Evidence of clinically significant impairment is present in social, academic, or occupational functioning

The American Psychiatric Association (1994), provides additional associated features to include: low frustration tolerance, temper outbursts, bossiness, difficulty in following rules, poor self-esteem, disorganization, social rejection, academic underachievement, and inadequate self-application.

Unfortunately, there is no simple test to determine if a child has ADHD. An accurate diagnosis requires an assessment conducted by professionals trained in diagnosing attention related disorders

Professionals who make the diagnosis

Pediatricians

Child psychiatrists and psychologists

Developmental Pediatricians

Behavioral Pediatricians

Behavioral Neurologists

ADHD Study

A double-blind, placebo-controlled study of 9 to 12 year old boys, diagnosed with ADHD found those who completed the IM program demonstrated significant patterns of improvement in attention, coordination, control of aggression/impulsivity, and reading in language processing. (American Journal of Occupational Therapy, March 2001)

Please contact our office for more information on Interactive Metronome!

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