

# Using the Interactive Metronome in Elbow Rehabilitation



## Course Description:

To understand and adapt the Interactive Metronome technology, the rehabilitation professional must have a good understanding of the benefits of the IM program related to the anatomy, physiology, kinesiology of the elbow. With a good knowledge of the impact of IM on impairments of the elbow, the clinician can develop a candidacy for the program and adapt the technology appropriately.

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

## Target Audience:

This self-study welcomes OT/COTAs, PT/PTAs, & ATCs who have completed the Interactive Metronome Certification course.

## Instructional Level:

Intermediate.

## Learning Outcomes:

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

1. Have an overall understanding of the anatomy and kinesiology of the elbow and how this neuromuscular balance can be disrupted and how IM may affect this balance.
2. Be able to determine the candidacy of a patient for the IM assessment and training and modify the application of IM based on the patient's functional and baseline impairments related to general orthopedic or post surgical conditions of the elbow.
3. Be able to use the IM as an assessment tool for patient baseline and functional performance
4. Know the guidelines to follow to progress a patient through the phases of IM treatment to supplement an existing rehabilitation program based on stages of recovery for the elbow.
5. Have a good knowledge of the different exercises that can be adapted to IM treatment philosophy and methodology.
6. Know how to modify the IM settings to achieve a just right challenge based on impairments.
7. Know how to evaluate patient success and discharge recommendations

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

## Instructor

**Andrew Dillen Hartley, OT** graduated from the University of Pretoria, South Africa, school of Occupational Therapy in 1995 and moved to the USA in 1996. He is co-owner of Advanced Therapy Solutions, Inc, an outpatient physical and occupational therapy company-serving clients of all ages in 4 locations. Dillen is experienced in multiple treatment approaches with a diverse population. Prior to starting his own company, Dillen was the director of therapy at Mary Black Regional Hospital. He has served on the board for the South Carolina Association of Rehab Professionals, the advisory board for Occupational Therapy Assistant Program at Greenville Technical College, where he also lectured for 2 years, and is a past board member as international liaison for the South Carolina Occupational Therapy Association. His main interest is in the treatment of deficits related to ADHD, ADD and learning disabilities with a variety of techniques. Currently he teaches the Interactive Metronome Certification course and the Advanced Interactive Metronome course: Making It Work.

## CEUs

### Offered for:

0.1 AOTA (OT/COTAs)

\*PTs & PTAs may submit paperwork to your state board for CEUs



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Interactive Metronome is approved by the Continuing Education board of AOTA to provide continuing education activities in occupational therapy. This program is offered for 0.1 CEUs (Intermediate Level; Professional area). The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.