

Using the Interactive Metronome in Shoulder Rehabilitation Self-Study



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 shoulder. With a good knowledge of the impact of IM on impairments of the shoulder, 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 PT/PTA, OT/COTA, ATC, and medical professionals who have completed the Interactive Metronome Certification course.

Instructional Level:

Advanced

Learning Outcomes:

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

1. Have an overall understanding of the anatomy and kinesiology of the shoulder 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 shoulder.
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 shoulder.
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, OTR/L 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 practice serving clients of all ages in five locations. Mr. Hartley has 14 years of clinical experience and is trained in multiple treatment approaches with both adults and pediatrics. His interests include the treatment of deficits related to stroke, traumatic brain injury, Autism, development disorders, sensory processing disorders, ADHD, ADD and learning disabilities in infants, children and adults. His experience with sensory integration, neuromuscular re-education, brain gym, vision therapy, environmental adaptation, Tai-Chi, yoga and technology based treatment approaches for all ages has served him well as a presenter of certification courses, webinars and professional seminars. Mr. Hartley serves as a clinical advisor for Interactive Metronome and other "Therapy based" companies in research, protocol and practice development areas.

Agenda:

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CONTINUING EDUCATION**
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CEUs

Offer for:

0.1 AOTA (OT/COTAs)

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

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.