

Using At-Home Activities to Improve In-Clinic IM Performance



Course Description:

The purpose of an exercise is to make progress: generally, to increase strength, accuracy, or range of motion. On the other hand, the purpose of an activity is to explore options: generally, to increase ease, adaptability, and expertise. An important difference between the two is the following: With exercises, proper execution and perseverance are generally of paramount importance: it is important to ensure clients do them right and keep doing them. With activities, simplicity and ease are generally of paramount importance: it is important to remain gentle and encourage clients to use as little effort as possible. This course will explore three basic questions that are important to consider as part of any Interactive Metronome program to ensure success: 1) What are some common difficulties client's encounter with IM activities? 2) What activities can be assigned for homework to help these clients through those difficulties?, and 3) How can you introduce these activities to your clients within the context of IM sessions? *This course is not offered for contact hours/CEUs.*

Target Audience:

- Occupational Therapist
- Occupational Therapy Assistant
- Physical Therapist
- Physical Therapy Assistant
- Athletic Trainer
- Licensed Medical, Rehabilitation or Mental Health Professional
- Music Therapist
- Educator

Learning Outcomes:

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

- Distinguish between an “exercise” and an “activity;”
- Recognize seven common difficulties with IM tasks;
- Recall specific activities to help each difficulty;
- Identify ways to introduce these activities to your clients and assign them for homework.

**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:

Matthew McNatt is a cognitive trainer, philosophy practitioner, and director of the McNatt Learning Center, Inc., in Ottawa, Illinois. Before founding the learning center in 2003, Matthew worked as an advocate for youth with disabilities and held an Illinois teacher's license for secondary education of English/Language Arts. Besides the multiple professional certifications he has accumulated over the years, he has a B.A. in philosophy and English/Language Arts from Dordt College in Sioux Center, Iowa. He regularly pursues continuing education opportunities in somatics, neurodevelopment, and neurophilosophy.

Disclosures:

Instructor Financial Disclosure(s): Matthew received an honorarium for the development and presentation of this course from Interactive Metronome, Inc. He does not receive royalties or any other form of compensation for the continued publication and use of educational materials she has authored. Matthew does not sell or receive compensation for the sale of Interactive Metronome products.

Instructor Nonfinancial Disclosure(s): Matthew is the owner/director of the McNatt Learning Center, Inc and uses Interactive Metronome in his practice.

Course Content Disclosure:

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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.

Agenda (60 minutes):

- Speaker introduction & disclosure
- Seven common difficulties patients encounter within IM treatment
- Home activities that can be assigned to help improve in-clinic IM performance
- How to introduce IM activities into treatment sessions to overcome obstacles to progress

Instructional Methods:

LECTURE, PPT, VIDEOS

Contact Hours/CEUs:

This course is not offered for contact hours/CEUs.