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[Bartscherer ML, Dole RL.](#)



Interactive metronome training for a 9-year-old boy with attention and motor coordination difficulties. *Physiother Theory Pract.* 2005 Oct-Dec;21(4):257-69. PMID: 16396435 [PubMed - indexed for MEDLINE]

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## **[Interactive metronome training for a 9-year-old boy with attention and motor coordination difficulties.](#)**

**[Bartscherer ML, Dole RL.](#)**

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The purpose of this case report is to describe a new intervention, the Interactive Metronome, for improving timing and coordination. A nine-year-old boy, with difficulties in attention and developmental delay of unspecified origin underwent a seven-week training program with the Interactive Metronome. Before, during, and after training timing, accuracy was assessed with testing procedures consistent with the Interactive Metronome training protocol. Before and after training, his gross and fine motor skills were examined with the Bruininiks-Oseretsky Test of Motor Proficiency (BOTMP). The child exhibited marked change in scores on both timing accuracy and several BOTMP subtests. Additionally his mother relayed anecdotal reports of changes in behavior at home. This child's participation in a new intervention for improving timing and coordination was associated with changes in timing accuracy, gross and fine motor abilities, and parent reported behaviors. These findings warrant further study.



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[Shaffer RJ, Jacokes LE, Cassily JF, Greenspan SI, Tuchman RF, Stemmer PJ Jr.](#)



Effect of interactive metronome training on children with ADHD. *Am J Occup Ther.* 2001 Mar-Apr;55(2):155-62. PMID: 11761130 [PubMed - indexed for MEDLINE]

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## **[Effect of interactive metronome training on children with ADHD.](#)**

[Shaffer RJ, Jacokes LE, Cassily JF, Greenspan SI, Tuchman RF, Stemmer PJ Jr.](#)

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**OBJECTIVE:** The purpose of this study was to determine the effects of a specific intervention, the Interactive Metronome, on selected aspects of motor and cognitive skills in a group of children with attention deficit hyperactivity disorder (ADHD). **METHOD:** The study included 56 boys who were 6 years to 12 years of age and diagnosed before they entered the study as having ADHD. The participants were pretested and randomly assigned to one of three matched groups. A group of 19 participants receiving 15 hr of Interactive Metronome training exercises were compared with a group receiving no intervention and a group receiving training on selected computer video games. **RESULTS:** A significant pattern of improvement across 53 of 58 variables favoring the Interactive Metronome treatment was found. Additionally, several significant differences were found among the treatment groups and between pretreatment and posttreatment factors on performance in areas of attention, motor control, language processing, reading, and parental reports of improvements in regulation of aggressive behavior. **CONCLUSION:** The Interactive Metronome training appears to facilitate a number of capacities, including attention, motor control, and selected academic skills, in boys with ADHD.