Effects of the Interactive Metronome on Memory Process and Balance with Aging Adults 60+ population

15 adults, ages 60 – 80, completed 12 sessions of Interactive Metronome training over two months with a six week break period followed by the remaining 6 sessions for a total of 18 sessions. Session length was 30 – 45 minutes, never exceeding 275 repetitions. All participants were seated during training for safety precautions.

Gains on all outcome measures were achieved. The most notable gain (88 % improvement) was accomplished on the Four Step Square Test, which implicates improvement in balance, speed, and confidence with independent ambulation. ***This has significant meaning for adults who are at risk of falling and is a substantial outcome considering all participants were seated and only performed upper extremity tasks during training.***

Assessment	**Overall Improvement**
Modified IM Long Form (seated, all upper extremity)	77%
Short Form	31%
Math Fluency (WJII)	23%
Reading Fluency (WJII)	12%
Decision Speed (WJII)	5%
Visual Matching (WJII)	4%
The d2 Test of Attention • Implicates improvements in the ability to stay focused and attend to more difficult tasks and task over time.	16%
Four Step Square Test • Implicates improvements in balance, speed, and confidence in independent ambulation and other daily tasks. This includes ability to dress and bath with confidence.	**88% ***
The 9 Hole Peg Test • Implicates improvements in fine motor, dexterity, sense of accuracy and confidence in independence in other daily tasks. This includes ability to dress, eat and perform fine motor tasks with confidence.	3%

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