The @Attention Fund program utilizes a unique technology called the Interactive Metronome (IM) to help you regain control of your life. IM is a research-backed training program that challenges thinking and movement simultaneously, providing real-time millisecond feedback to help synchronize the body’s “internal clock.”

The Defense and Veterans Brain Injury Clinic have shown IM’s effectiveness through both implementation and studies. *Published in the Neuropsychology Journal, November 2013*

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IM therapy showed significant improvements in 21 out of 26 cognitive assessments, including:
- Memory
- Processing speed
- Sensory Integration
- Attention

Recovery is Possible!
IM is a simple, non-pharmaceutical approach to treat cognitive problems following mild to moderate TBI

*Effects of Interactive Metronome Therapy on Cognitive Functioning After Blast-Related Brain Injury: A Randomized Controlled Pilot Trial
Authors: Lonnie A. Nelson, Margaret MacDonald, Christina Stall, and Renee Pazdan*
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