
How Are The Outcomes Measured?

Outcomes are measured two ways regarding Temporal Sequencing. They are 1) Pre & Post Testing (Standardized), 2) Subjective Changes noted by the individual, observing practitioner, or family/friends, and 3) Physical Examination. All outcomes are of equal performance since Temporal Sequencing often produces broader beneficial outcomes than where anticipated. This is especially important in conditions such as Autism, Asperger's Syndrome, Learning Disabilities, Post Stroke, Parkinson's Disease

Standardized tests consist of the MVPT (Motor Free Visual Perception Test), VMI (Gardner), Beery Botanical These tests are utilized to show specific functional improvements over time in order to evaluate specific goals.

Note: Other Standardized or Qualitative (doesn't give age equivalency) may be utilized depending on the presentation of each individual.

What To Expect In A Treatment Session:

The basic goal of all Temporal Sequencing sessions is to provide multiple challenges to the sensory input and motor output of the nervous system to help facilitate neuroplasticity and improve the overall strength and performance of the nervous system. Brain specific music, quick stretches, visual challenges, manipulation, gross and fine motor movement patterns, light therapy, electric stimulation, warm air blown into ear . . . are all examples of various techniques that are combined together in addition to the Temporal Sequencing in order to help each individual reach their maximum neurological potential.

Will Insurance Cover Temporal Sequencing?

Most insurance will cover at least part of the cost associated with temporal sequencing. Standardized testing, physical examination are often not covered by most insurance plans in New York State. It is important that you check with your insurance plan and verify chiropractic coverage prior to entering into care.

Please be advised that any charges believed not to be covered by your insurance plan will be made known to you prior to the service being rendered.

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**TEMPORAL
SEQUENCING
Multimodal
Training for
Increased Brain
Function**



Daniel G. Miller, D.C., D.A.C.N.B
Chiropractic Neurologist
27 Jenison Avenue
Johnson City, NY 13790
607 - 729 - 0591 (Tel)
607 - 729 - 0967 (Fax)



What Is Temporal Sequencing Training?

Temporal Sequencing Training (Metronome training utilizing sight, sound, and repetitive movement patterns) is an easy and effective way to increase your mental and physical abilities in school, sports, and professional performance.

Clinically, Temporal Sequencing has been shown to help patients with attention deficit disorders, autism, speech and learning disabilities, stroke, traumatic brain injury, and Parkinson's Disease.

Temporal Sequencing combines the traditional music metronome with computer technology to develop and expand concentration, focus, rhythm, and timing which are fundamental to sports, scholastic achievement, goal-directed planning & sequencing, and all of the brain's processing activities.

How Does Temporal Sequencing Work?

You hear rhythmic sounds from a computerized metronome and respond by performing directed movement patterns to the beat. In addition to the metronome, visual queuing is provided on the computer screen with or without visual challenges. The time, speed (Frequency) and saccadic movement patterning (the movement of your eyes back and forth or up and down) can be altered to provide further multimodal challenges. Over a series of 12 to 15 sessions, your brain learns rhythm and timing, much like the way feedback from training wheels once helped you learn how to balance on a bicycle. As timing improves, so do motor control & coordination, focus, concentration & attention span, self-control, and school, sports, & social performance.

What Can This Do For Children?

Temporal Sequencing significantly enhances a child's abilities in school and in sports. Following this form of metronome training it has been shown that math fluency increases by an average of 1.5 grade levels, reading comprehension and retention by 2.21 grade levels, and mental processing speed by 2.75 grade levels in research based on the well respected Woodcock-Johnson test. SAT practice scores increased by 80 – 100 points. Children (and adults) with Attention Deficit Disorders have shown even more remarkable growth in their academic, social, family, and athletic activities. Children with motor control problems, Autism, Asperger's Syndrome, delayed speech development, dyslexia, and brain injuries make dramatic breakthroughs with Temporal Sequencing.



How Does It Help Athletes?

Temporal Sequencing improves coordination and timing, and teaches an athlete's mind how to get into and stay in the zone, shut out distractions and stay focused in the play. This means better performance and judgment with fewer mistakes and penalties. That is why the Miami Dolphins, Notre Dame, Syracuse, and St. Thomas HS use metronome training. Batters have less than a second after a pitcher releases the ball to figure out what kind of pitch is coming, where it will be when it gets to them, whether to swing at it or not, and what part of the field to send it to. Timing and rhythm make the difference between a good hit and striking out. Golfers are even more dependent on micro-timing and rhythm for the accuracy of their game. Temporal Sequencing Training can improve accuracy for average golfers by over 20% and expert players, including PGA Pros, by as much as 35%. Huge gains are also seen in soccer, tennis, basketball, and lacrosse.

Does It Have To Be Done Forever To Work?

No! Just like learning to ride a bike, once your brain experiences and grasps its rhythm and timing, this seems to last forever. Temporal Sequencing Training takes only 4 to 5 weeks for most people. It has been used clinically across the U.S. since 1999. Studies show that the gain from metronome training stays with you and benefits all of your activities. More involved conditions such as Autism, Stroke, and TBI may require additional time. A treatment plan will be provided prior to starting care.

