

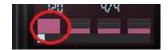
## PHOENIX NEUROLOGIC MUSIC THERAPY

**BUILDING CONNECTIONS** 

## SETTING UP A METRONOME APP FOR THERAPY



- Scan the QR code (for iPhones only. Otherwise search 'Pro metronome' wherever you usually get your apps).
- 2. Download and open the app (NOTE: you don't need to upgrade to the paid version to get what you need from this app)
- 3. Tap the purple bars towards the top of the screen until each is the same height



- 4. Touch the settings icon (the icon with a spanner crossed with a screwdriver, to the top left of the middle wheel)
- 5. Click on Tones and volume on the drop down menu
- 6. Choose 'Wood2' from the available options under 'Tone:'
- 7. Tap away to return to the main page
- 8. Use the wheel to set the number in the top left to the one your therapist has recommended (the number should be listed in your assessment report)
- Set the volume for very low using your phone's volume control (so that you almost can't hear it at all)
- 10. Press the 'play' triangle button in the middle of the screen

