

BROCK STRING

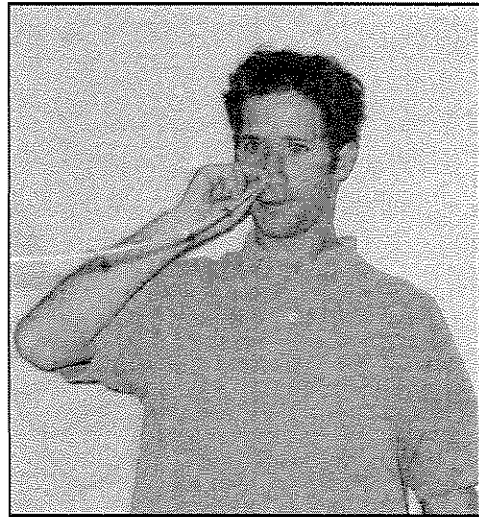
Although this procedure is usually associated with binocular vision and anti-suppression therapy, it can also be a valuable procedure for developing accurate fixation skills under binocular conditions. Three (to five) colored beads are spaced on a length of string at least 20" long. The patient is instructed to alternate fixation and focus from one bead to the next while maintaining awareness of physiological diplopia.

Purpose: To learn to see with both eyes simultaneously

Materials: Beads and String (provided)

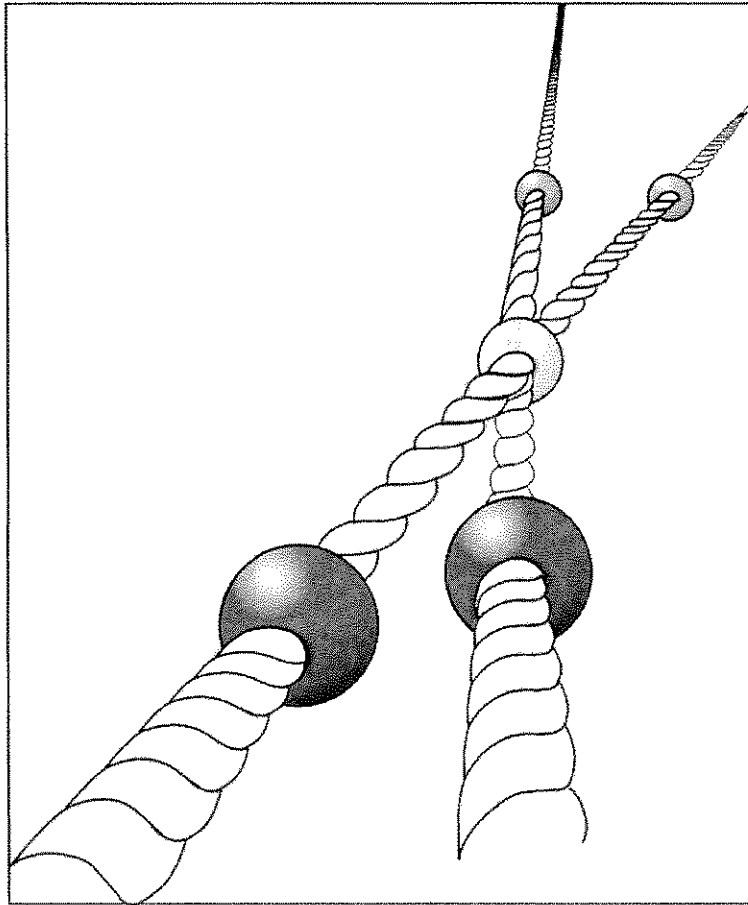
Set Up:

- 1) Tie one end of the string to a doorknob. Position one bead at the end of the cord close to the doorknob. This is the far fixation bead.
- 2) Place the middle fixation bead about 10" from you.
- 3) Place the near fixation bead about 4" from you.
- 4) Stand directly in front of the doorknob facing it. Hold the cord up to the bridge of your nose so that the cord is stretched taut between your nose and the doorknob.



Procedure:

- 1) Look at the near fixation bead. Keep this bead single as you look directly at it. If the near bead is double this indicates an eye teaming problem. If this occurs move the near bead closer or further away until you see it as a single bead. The near bead should be moved closer and closer as the task becomes easier. Eventually the near bead should be only one inch from the bridge of your nose.



- 2) As you look at the near fixation bead you should see two strings, each of which appears to come from your eyes. If your fixation of the bead is accurate, the two strings should appear to meet exactly at the bead forming an "X"(See illustration). As the bead is moved into one inch from your nose, the two strings should appear to meet exactly at the bead forming a "V".
- 3) Shift fixation to the middle fixation bead and then to the far fixation bead and repeat. If your fixation of the far bead is accurate, the two strings should appear to meet exactly at the bead forming a "V".
- 4) Change the location of the fixation beads and again repeat.
- 5) Try to be aware of other objects in your field of view as you practice.
- 6) Slowly turn your head from side to side through an angle of about 45 degrees maintaining your vision of the two strings at all times. (If you turn too far one string will disappear.)

FOR THE OPTOMETRIST

Suggestions for Extending Use of the Hendrickson Lifesaver Card

1. Make copies of the "Additional Instructions" sheet which is enclosed with your order of Hendrickson Lifesaver Cards.
2. Hand a copy to each patient for whom the card has been prescribed after Steps 1 and 8 have been learned. You could mark the Steps you want practiced at home between office visits.
3. To develop plus acceptance, especially in exophores and embedded cases, loan clip-on low plus lenses for use with the card, especially after completion of Steps 8 and 9. Increase the amount of plus loaned, in small amounts, from +0.25 D to wherever you deem appropriate, as the patient is able to achieve and maintain clearness of the letters while doing all the other Steps.
4. If you haven't used the cards before, it is strongly recommended that you try all of the Steps yourself, to experience what the card is designed to do. You'll know better what questions to ask and how to evaluate your patients' progress on the activity.
5. Note that extended practice of the Steps through plus has been known to create excessive esophoria. Periodic monitoring of progress is definitely recommended.

ADDITIONAL INSTRUCTIONS FOR THE HENDRICKSON LIFESAVER CARD

Having developed conscious control of your eyes, i.e., turning them inward while focusing farther away in space, you can now automate the control and make the skill a habit. Then the lenses your optometrist prescribes for your nearpoint tasks, to relieve stress and reduce discomfort, will maintain the skill, prevent a return of the old habits and problems, and also enhance visual information processing (reading speed and comprehension, efficient computer use, etc.). Here are the Additional Steps to follow:

9. Stop moving your head (Step 4 printed on the card) and repeat Steps 5 through 9. Then, holding the card in one hand, move it slowly to the right about two or three inches, then to the left, up and down, and in a clockwise and counterclockwise circle, keeping the card vertical: don't let it tilt sideways. If you wear bifocals or trifocals, keep the three circles in each set within the lens area.

10. Hold your head still, and the card still at a reading distance. Without using the pencil and while looking at the middle circle of the bottom of three circles, and without looking up at them, see the second set of circles next to the bottom. Then, if there are three, look up at the middle circle of that set. If there are four circles, turn eyes inward as though you are using the pencil and make three. If you can't, use the pencil held in the other hand. As you view that middle circle, continue Steps 4 through 6. Then look up at the middle circle of each set, in sequence, all the way to the top. Now, one set at a time, look down from the top middle circle to the bottom. While looking at any one set see the sets of three circles above and below at the same time, out of the corner of your eyes (using your peripheral vision).

11. As you look at the bottom set, notice the space and distance between the card and the middle circle which is standing out at you. Estimate the distance in inches. Check your estimate by placing your pencil tip just under, but not touching, the middle circle - don't look at the pencil tip; look only at detail in the circle, for example, look at the last letter of the word "THESE." Now move the pencil a quarter of an inch closer than the circle, then even with the circle, then a quarter of an inch farther away than the circle. All this is done while maintaining three circles, both colors in the middle circle, seeing all the letters, and keeping them clear. Now try turning your head as described in Step 4, and then moving the card only as in Step 9.

12. Repeat Step 10. Estimate and then verify the distance of each middle circle as in Step 11. On the upper three sets of circles observe the letters which are nearer than the plane of the middle circle, those farther away, and those on the circle. While looking at each middle circle, notice the distance in space between that circle and the one above and below. Also notice the size of the circles in each set, and compare them to the ones above and below. The closer the middle circles appear to be, the smaller they appear; the further away; the larger they appear to be. Now slowly move the card farther away, to arms' length; then closer than you usually read. How close can you bring it? Did it blur, change color or go to four or two circles?

13. Now stand and repeat all the above Steps (except Step 11), i.e., see three circles, turn your head or move the card as in Step 9, keep both colors in the middle one, all the letters clear and present all the time, look from one middle circle to another, up and then down, see the distance and size of each, and which letters are nearer, farther, or on the circles and trombone the card, near and far.

14. Continue Step 13 holding the card at eye level and walk slowly, seeing the floor peripherally and all the surroundings, objects' position in space, their direction, distance, color and size. Steps 13 and 14 integrate vision, balance, and movement of body operating against gravity. Aloud, name the objects seen and describe their direction, distance, color and size. This integrates vision with speech and hearing.

15. To combine and work all the sensory systems with these newly acquired visual skills, continue Step 14 but now step forward and backward on an eight-foot (or longer) 2" x 4" rail (placed on its 4" side on the floor). Take each step on, for example, the third beat of a low piece of music from radio or recording. Use all the Steps named in Step 13.

16. As you continue Step 15, holding the card at eye level, on every other step take your eyes off the middle card you're on and look at an object at distance. Then look back at the card and form the middle circle you were on and continue as before.

When you can do all this, stop. You have achieved the desired results, and you can overdo this activity.



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