

Testing Baseline

Name: _____

Date: _____

	Positive	Right	Left	Re-exam
Convergence				
Saccades				
Smooth Pursuits				
Gaze Stabilization				
Eye Dominant				
Phoria				
Brock String				
Optokinetic				

MULTI SIZE FONT CHART

	Font reading	Close distance	Far distance
Week 1			
Week2			
Week 3			
Week 4			

SNELLEN CHART

Snellen Chart Scores	Right eye	Left Eye
Baseline		
Week 1		
Week 2		
Week 3		
Week 4		

Example of a visual training station



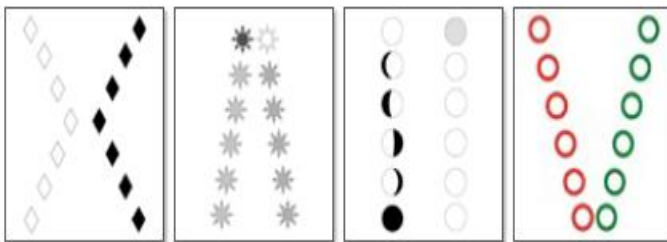
Convergence

Convergence is the simultaneous movement (teaming) of your eyes inward/to-wards each other.

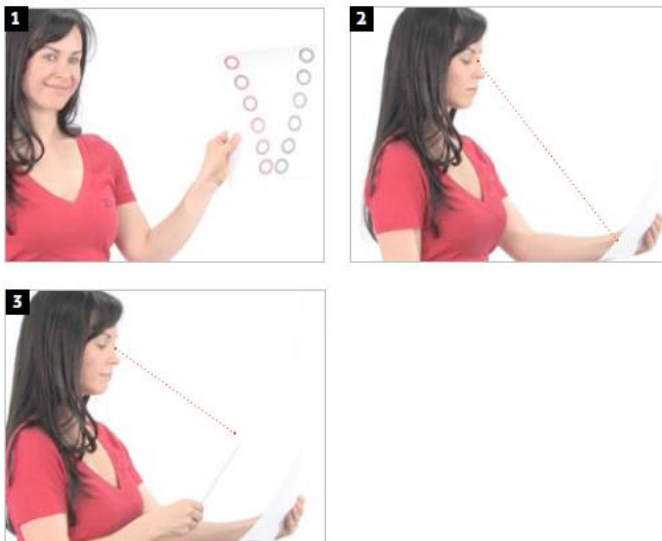
1. Choose one of the several convergence charts you downloaded and printed from the online version, or one provided with your DVD.
2. Hold the chart at a normal reading distance, but at a height that is level with your eyes.
3. Begin with the closest set of objects on the chart and converge your eyes

(cross your eyes slightly) to bring the two objects towards each other until they overlap/merge in the middle. When you do this correctly, it will create a 3-D image in the center.

4. Once you find your converged focus point with the merged 3-D image, relax, breathe and maintain the convergence and image clarity.
5. After you can accomplish this with the closest objects, work your way up the chart. The drill becomes more difficult as the distance between the two objects increases.
6. Practice this process for 1 minute.
7. Give yourself time and permission to get better at this skill. It takes practice!



▲ Convergence and Divergence charts



HELPFUL TIP:

If you are having a difficult time visually understanding or accomplishing this drill, try this simple trick:

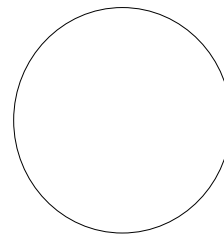
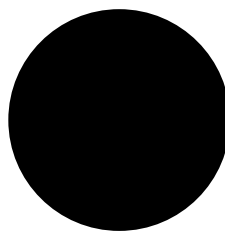
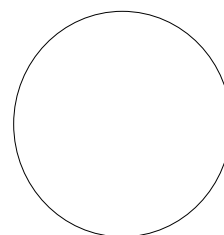
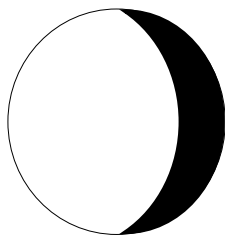
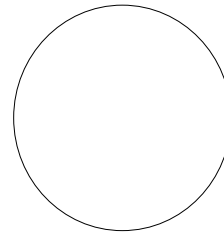
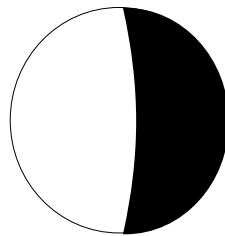
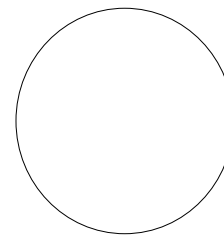
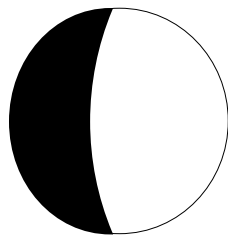
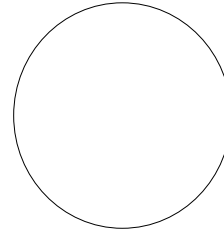
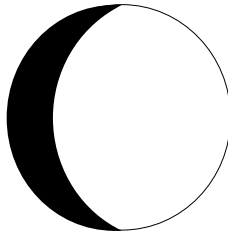
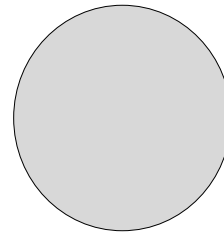
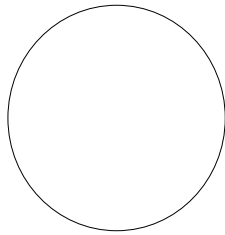
h hHold the chart the same as before with one hand and hold a stick or pen with the other hand between you and the chart in between the rows of objects.

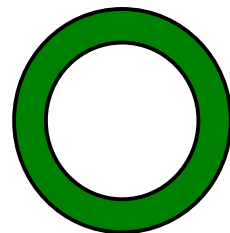
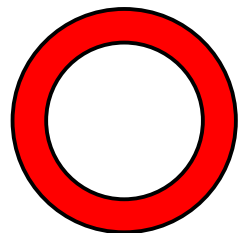
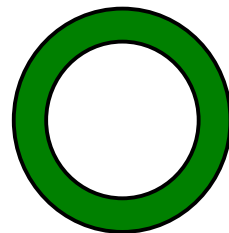
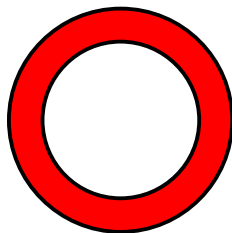
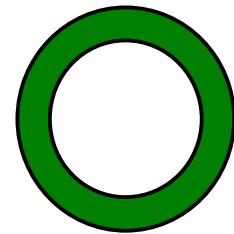
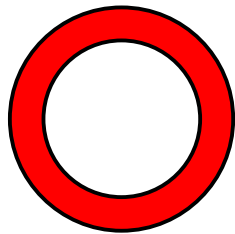
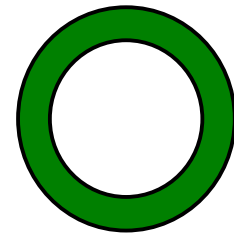
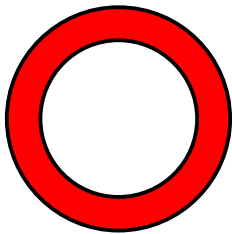
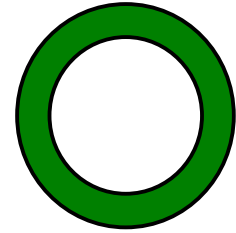
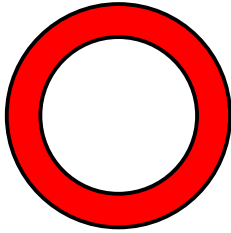
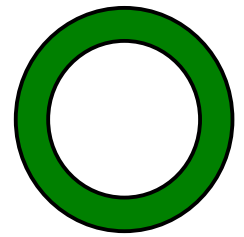
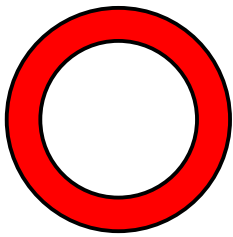
hNow, instead of looking at the paper, look at the stick and bring it towards your nose just as you did in the Pencil Push Up exercise.

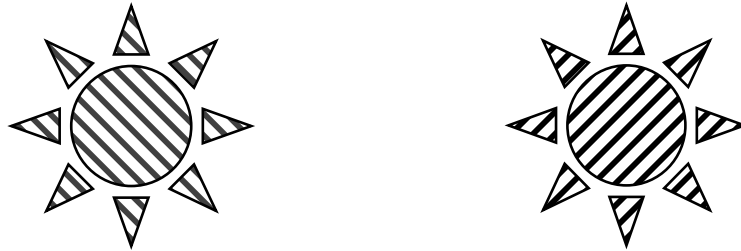
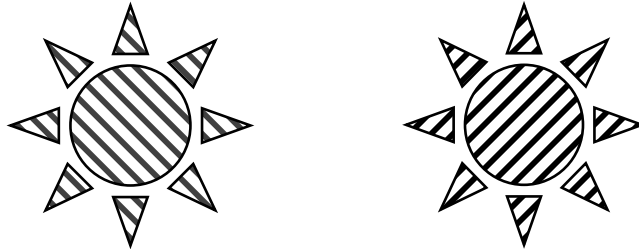
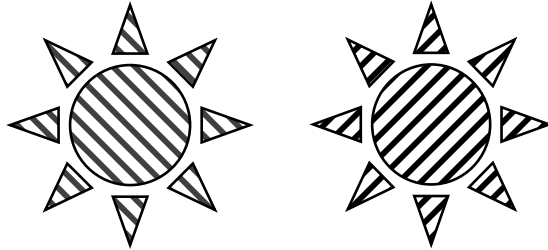
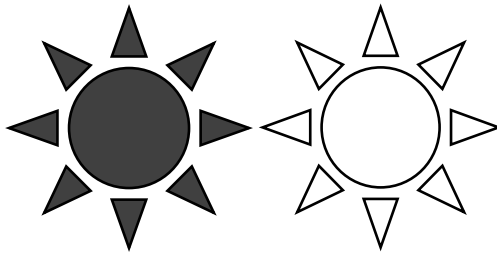
While watching the pencil come closer, maintain your awareness of the objects on the paper you are trying to converge.

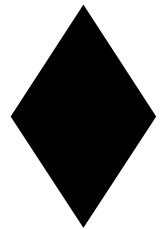
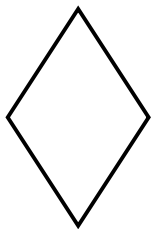
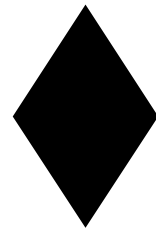
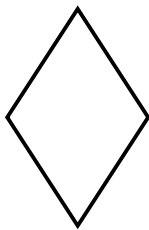
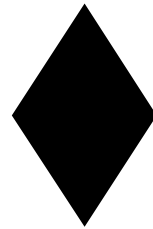
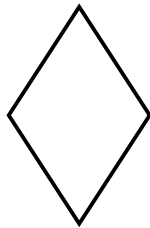
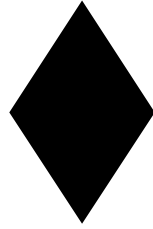
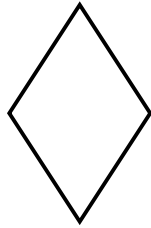
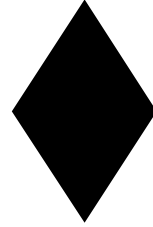
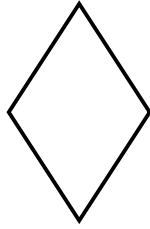
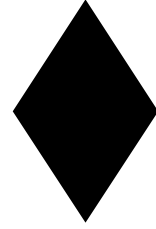
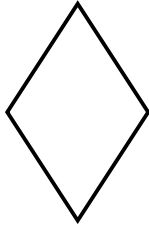
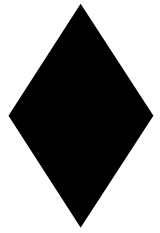
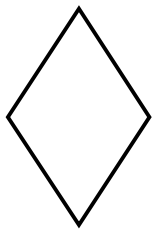
As long as your eyes stay focused on the pencil and converge, you will see the objects on the paper begin moving together.

Once that happens, try to gently transfer your focus from the pencil to the paper.









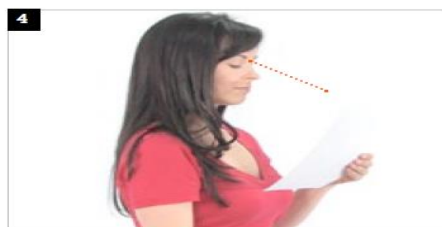
Divergence

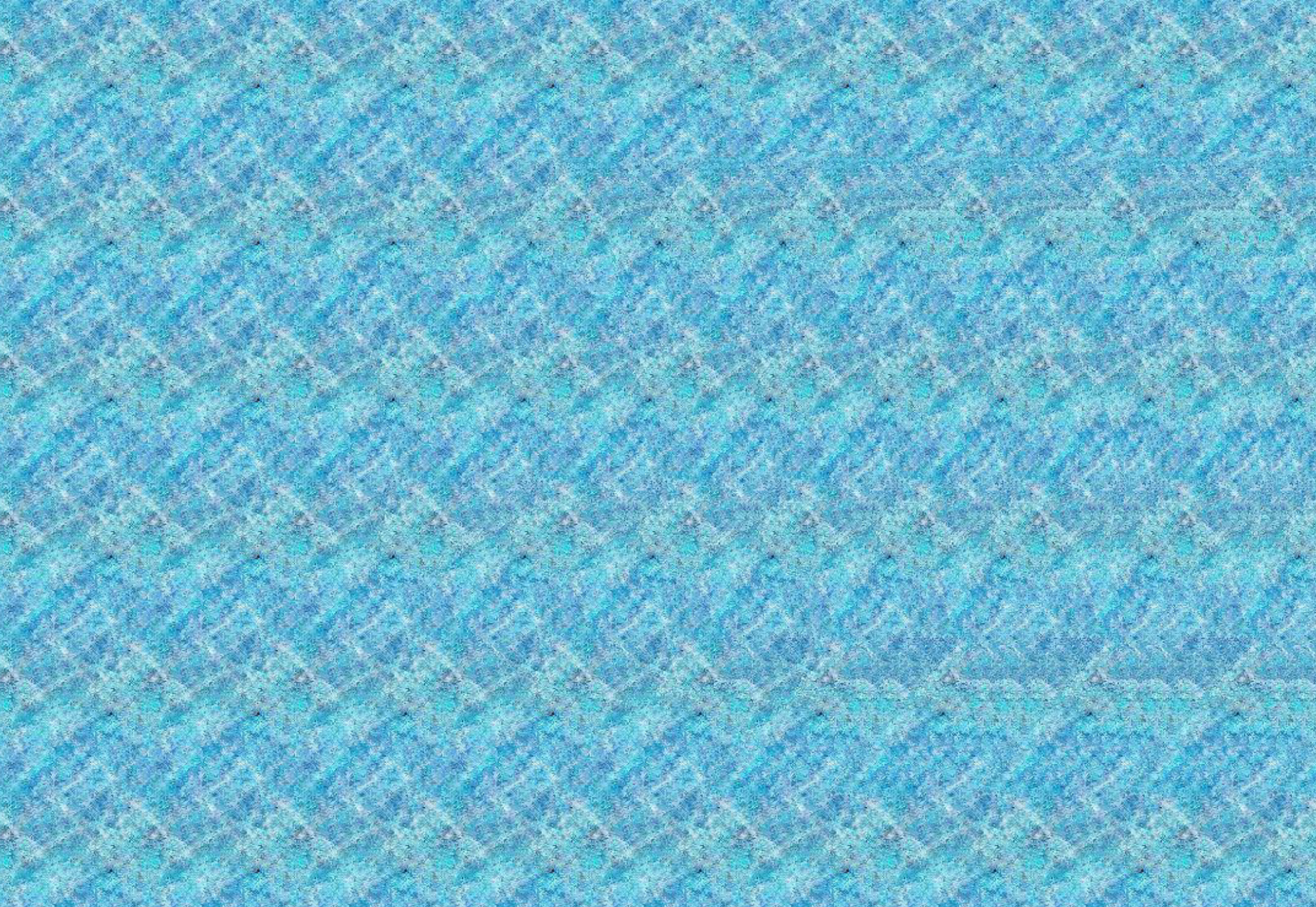
Simply put, divergence is the opposite of convergence in terms of visual skills. Instead of moving your eyes inward as a synchronized team to see things that are close as you do when converging, you will be moving them as a synchronized team outward/away from each other for distance vision. It does not look as dramatic as what happens during convergence (crossed eyes) but it is just as essential a skill.

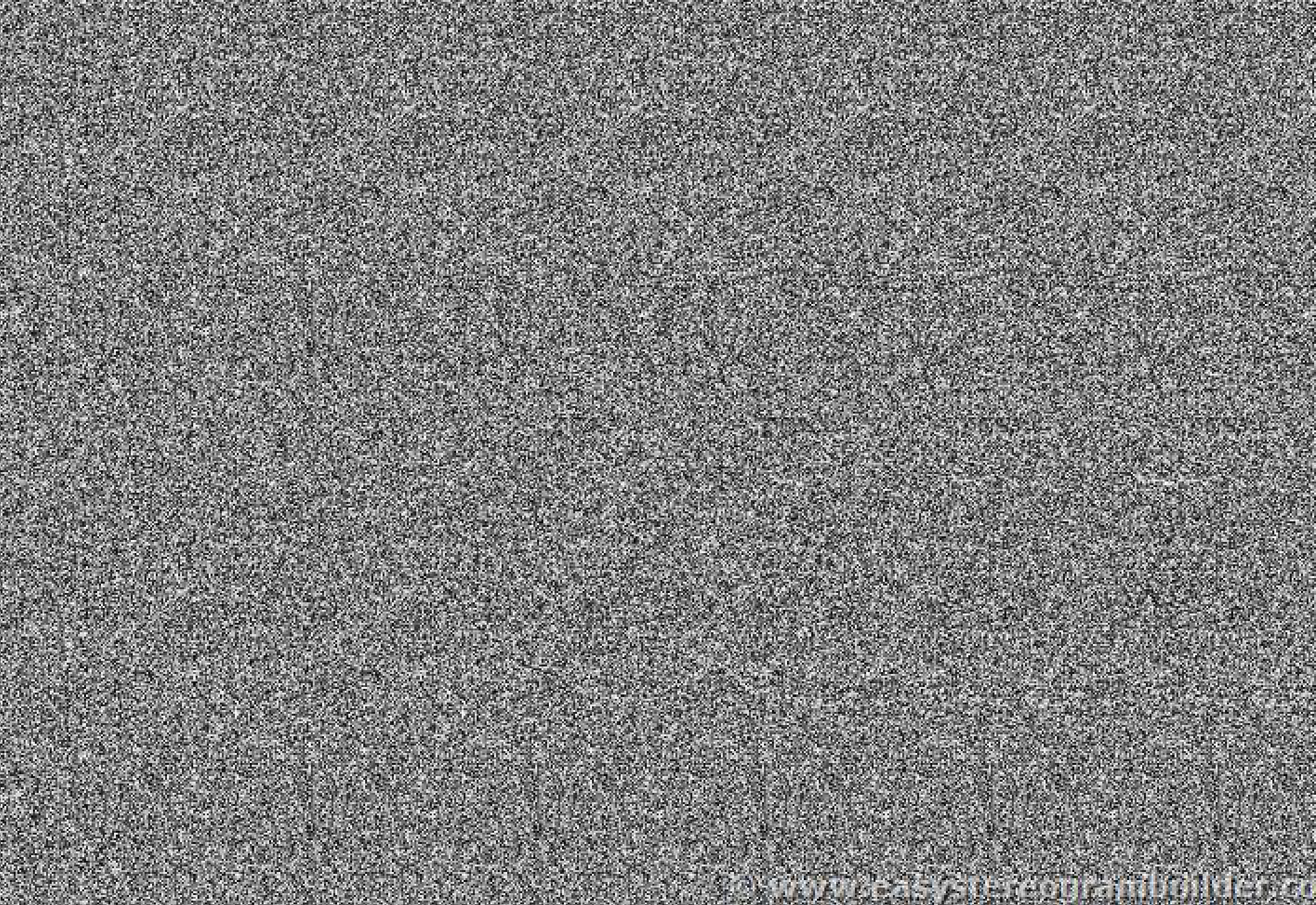
We have provided both Divergence Charts and Stereograms to use for your Di-vergence skill training in your product package.

1. Choose one of the several divergence charts you downloaded and printed from the online version, or provided with your DVD.
2. Hold the chart at a normal reading distance, but at a height that is level with your eyes.
3. Begin with the closest set of objects and diverge your eyes by imagining that you are looking far away beyond the paper.
4. While you do this, remain aware of the objects on the page.
5. Just as in the convergence drill, as your eyes adapt, you will notice the images coming together in the center.
6. As they merge and you are able to relax your eyes they will create a 3-D image in the center.
7. After you can accomplish this with the closest objects, work your way up the chart. The drill becomes more difficult as the distance between the two objects increases.
8. Practice this process for 1 minute

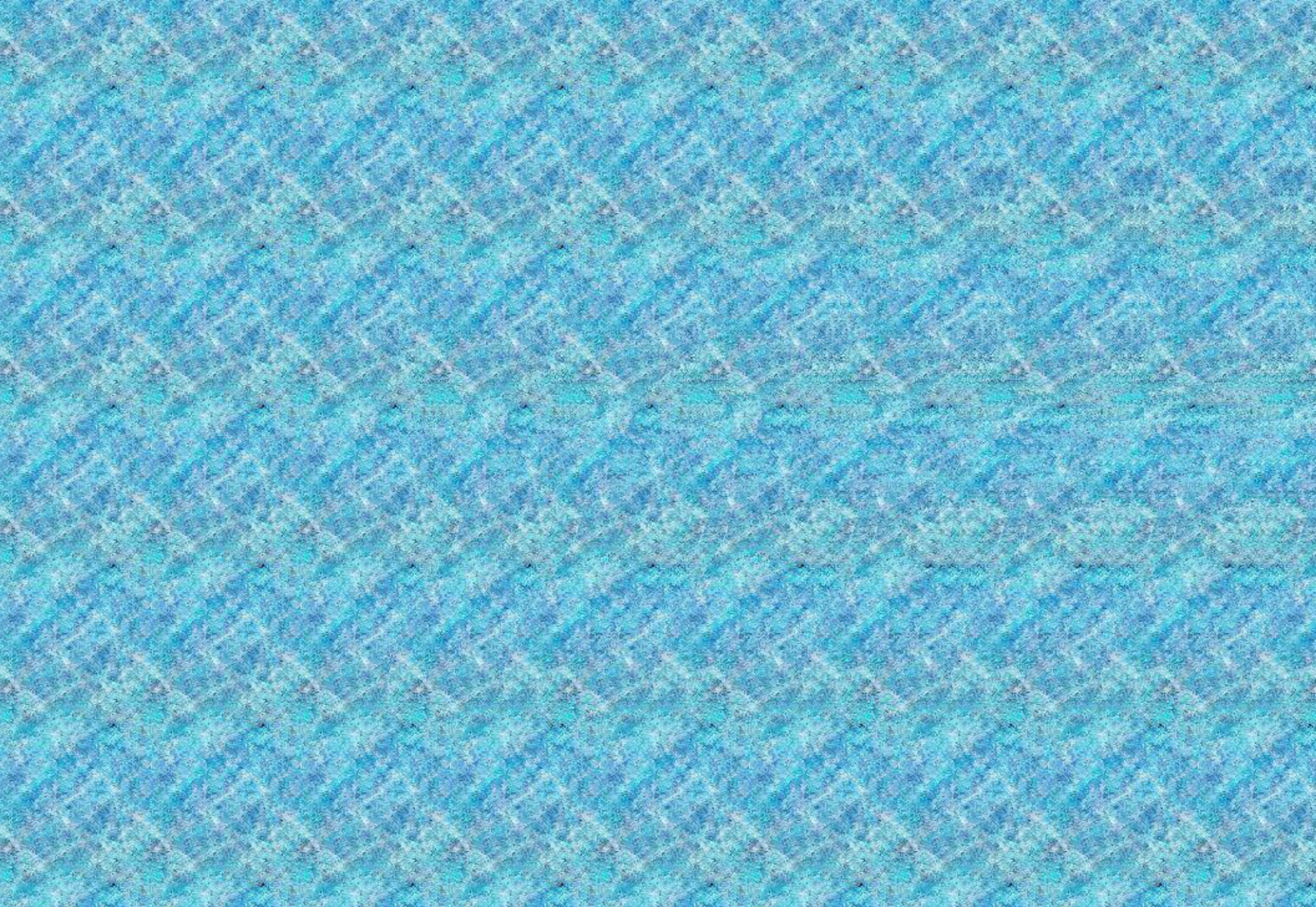
Stereogram charts ▼

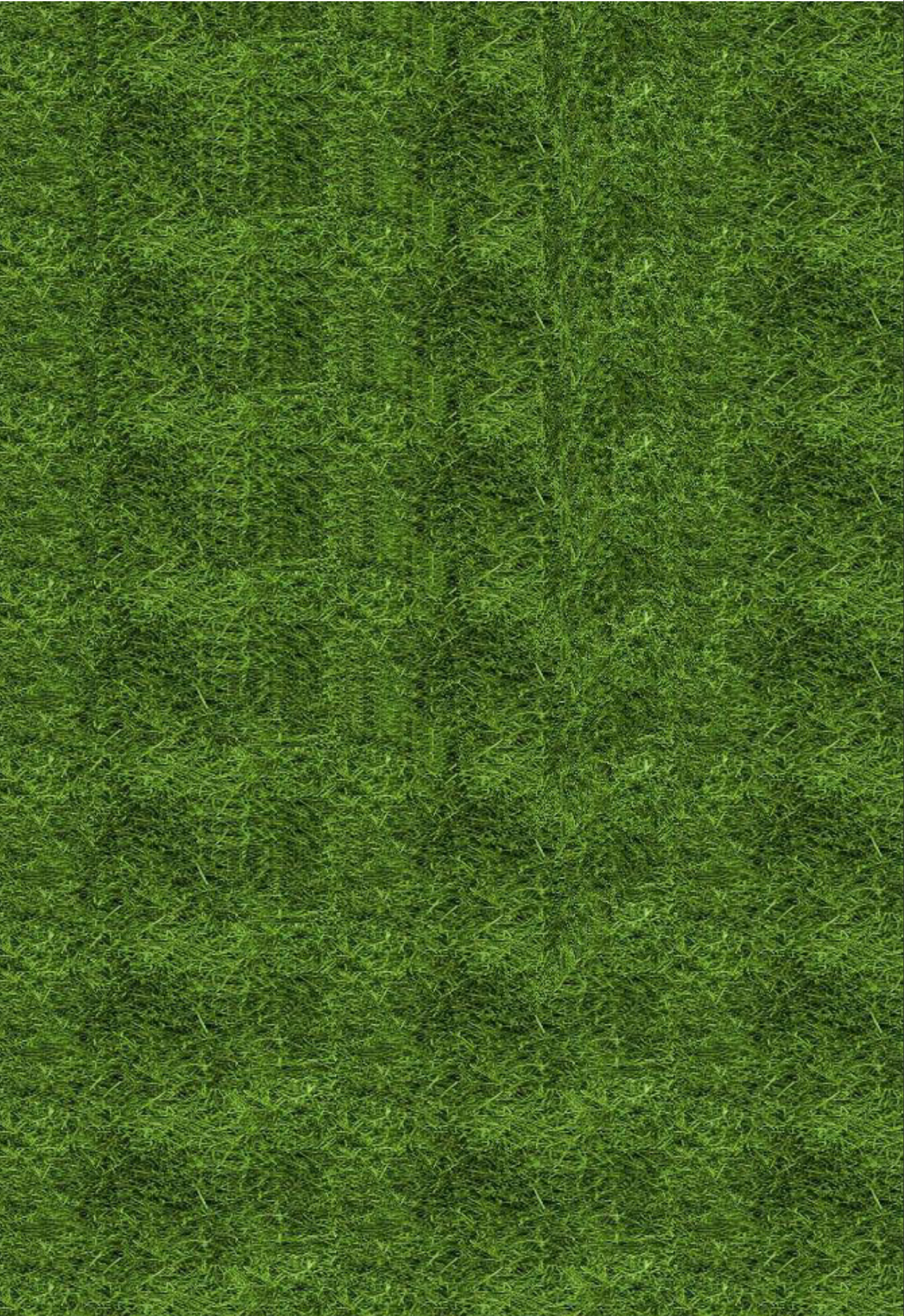






www.easystereogramboulder.com



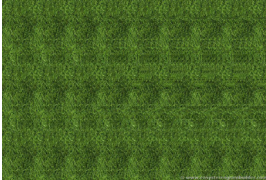
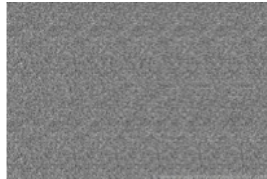




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STEREOGRAM IMAGES.

These are the images you should see inside of the stereograms.
Keep at it if you haven't had any results yet!



Multi-Size Font

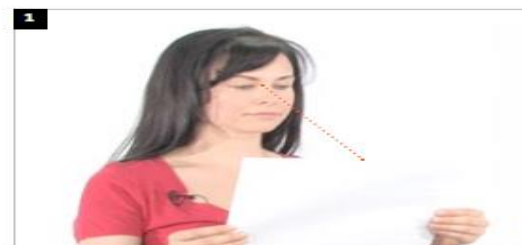
We first introduced you to this chart as one of our baseline assessment tools. It also happens to function amazingly well as a drill. Once you understand the drill, you can perform it with virtually any text (you won't need the chart), which means you can train anywhere, anytime, and with almost anything!

Using the Multi-Size Font Chart as a drilling tool works like this:

1. Hold the chart at a comfortable reading distance.
2. Find the smallest font you can still read clearly.
3. Look at the next smallest font size below what you are reading and note how well you can see it.
4. Now choose one letter from the line you can see clearly and focus on it.
5. While focusing **ONLY ON THAT LETTER** slowly move the paper closer while maintaining clarity.
6. Note how close you were able to bring the paper and still see the letter clearly.
7. Now, move the paper away from you until you begin to lose clarity on that letter. Note the distance.
8. Repeat steps 2 – 6 but see if you can move the paper both slightly closer and slightly farther away while maintaining visual clarity on the letter you've chosen.
9. Finish the drill by shifting your focus to the line you chose in #3 (the smaller font than you could see clearly). Notice if you can now read it or if it was clearer than it was previously.



◀ Multi-Size Font Chart



2. Many of life's failures are experienced by people who did not realize how close they were to success when they gave up.
3. The pessimist sees difficulty in every opportunity. The optimist sees the opportunity in every difficulty.
4. Enjoy the little things, for one day you may look back and realize they were the big things.
5. Keep on going and the chances are you will stumble on something, perhaps when you are least expecting it. I have never heard of anyone stumbling on something sitting down.
6. Keep away from people who try to belittle your ambitions. Small people always do that, but the really great makes you feel that you, too, can become great.
7. People who are crazy enough to think they can change the world, are the ones who do.
8. Every truth passes through three stages before it is recognized. In the first, it is ridiculed. In the second, it is opposed. In the third, it is regarded as self evident.
9. There are two primary choices in life: to accept conditions as they exist, or accept the responsibility for changing them.
10. Don't let life discourage you; everyone who got where he is had to begin where he was.
11. A mind is like a parachute, it doesn't work if it isn't open.
12. Be more concerned with your character than with your reputation. Your character is what you really are while your reputation is merely what others think you are.
13. Great thoughts speak only to the thoughtful mind, but great actions speak to all mankind.
14. Be who you are and say what you feel, because those who mind don't matter and those who matter don't mind.
15. Do not wait to strike till the iron is hot; but make it hot by striking.
16. Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover.
18. Do not let what you cannot do interfere with what you can do.
20. Winners lose much more often than losers. So if you keep losing but you're still trying, keep it up! You're right on track.
24. You miss 100% of the shots you don't take.
28. An obstacle is often a stepping stone.
32. Imagine possibilities
36. Always believe

J P H K M G N F R O D

T Y V W L S X Y S B P

R S V J L U X B Q G N

O I M N I Y D G F H L

D R V N H Y W X N N U

S Q X I G D M P K F K

B F C J L K I T E P B

L Y R F K P O I Q E S

J P H K M G N F R O D

T Y V W L S X Y S B P

R S V J L U X B Q G N

O I M N I Y D G F H L

D R V N H Y W X N N U

S Q X I G D M P K F K

B F C J L K I T E P B

L Y R F K P O I Q E S

H T U R W Q X B G I H

X O T Y F N I M C D W

K I Y M V J F S W Q R

B T U P E F T V L O R L
T X S O P E P M N Y X S
R I K F D K T P P O U V
Y E I H S F O T U L Y M
J N R O I M I N E D B I
C X S R N D H I O P W O
V E H F N Y W G I E I D
B Z C Y D W E V F T N I
G S H R L Q J P K O C G
L N M A E R T S V F P H

G T R E W O L Q D S
M V C X Z U T L R E
W M X N M P I L B R
E Q L R M N N I X F
C W Y P B R D S U Z
A R D P N Z W Q I Y
P R S X T R O W M I
H O Q X M C Z P F P

R D E F G T H Y J N T M P

N M K I L O P L O J T Y K

M D E F G T H Y J N T M P Y M S W

N M K I L O P L O J T Y K U D W T

L D E F G T H Y J N T M P Y M S W U R V F G N J M

W C B G T H J U H B M J I L O F R T G D W E S A P

Saccade Chart 1

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Saccade Chart 1

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Saccade Chart 2

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Saccade Chart 2

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Saccade Chart 3

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Saccade Chart 3

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POSTURE EXERCISE

WALK IN A CIRCLE



TO PERFORM WALK IN A CIRCLE:

1. Stand up straight in proper posture
2. Place a cone or a marker on the ground and make sure there is nothing blocking your path that you could trip over
3. Walk in a circle around the cone
4. Keep your eyes up and avoid looking down as you walk
5. Perform 5 walking circles in each direction

POSTURE EXERCISE

SMOOTH PURSUITS WITH GAZE STABILIZATION



TO PERFORM SMOOTH PURSUITS WITH GAZE STABILIZATION:

1. Stand up straight in proper posture
2. Focusing on a pen tip (or you can use your finger), move the pen into each field of gaze
3. The fields of gaze are:
 - a. Right lateral
 - b. Up and to the right
 - c. Down and to the right
 - d. Center
 - e. Up and center
 - f. Down and center
 - g. Left lateral
 - h. Up and to the left
 - i. Down and to the left
4. Hold for 10 seconds in each field of gaze
5. Just move your eyes, not your head, neck, or shoulders

POSTURE EXERCISE

FINGER TO FINGER SACCADES



TO PERFORM FINGER TO FINGER SACCADES:

1. Stand up straight in proper posture
2. Place one finger in front of your nose, about 6 inches from your nose
3. Place the other finger to the side in your peripheral vision, the same distance from your face
4. Begin by looking at the finger in the center
5. Quickly move your eyes to other finger, trying to accurately hit the target with a fast movement of your eyes
6. Quickly move your eyes back to center
7. Repeat 10 times on each side

POSTURE EXERCISE

CONVERGENCE WITH A STRING

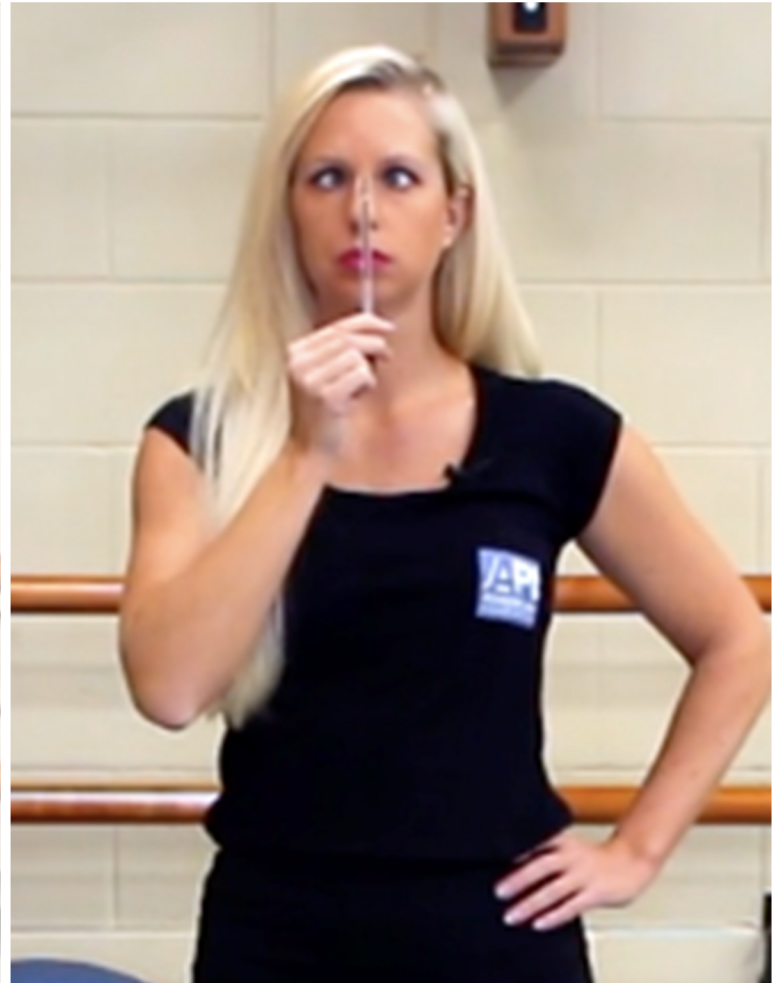


TO PERFORM CONVERGENCE WITH A STRING:

1. To perform this exercise, get some string and a bead
2. Hold the string between your two hands, with one hand by your nose, the other outstretched 6-12 inches from your face
3. Begin with the bead far away from your face
4. Slowly bring the bead in toward your nose, sliding it along the string
5. As the bead comes closer to your nose “converge” your eyes to midline so they are both focused on the bead
6. Hold your eyes in the converged position for 10 seconds
7. Then slowly bring the bead outwards to the starting position
8. Repeat 5 times

POSTURE EXERCISE

EYE CONVERGENCE



TO PERFORM EYE CONVERGENCE:

1. Stand up straight in proper posture
2. Using a pen (or you can use your finger), begin with the pen in front of your eyes (between 6-12 inches from your face)
3. Slowly bring the pen towards your nose, as you bring the pen closer, “converge” your eyes to midline so they are both focused on the pen tip
4. Hold your eyes in the converged position for 10 seconds
5. Then slowly bring the pen outwards to the starting position
6. Repeat 5 times

POSTURE EXERCISE

VOR IN SHARPENED ROMBERG POSITION



TO PERFORM VOR IN SHARPENED ROMBERG POSITION:

1. Stand up straight in proper posture with one foot directly in front of the other
2. Outstretch your arm in front of you with your thumb pointed up
3. Start by focusing your gaze on your thumb
4. Quickly move your head to the side, keeping your eyes focused on your thumb
5. Perform 5 quick repetitions
6. Bring your head back to center
7. Repeat 5 times in the other direction
8. Please Note: this exercise is more difficult to perform in this position, make sure you keep your balance. If you feel off balance stop performing the exercise

POSTURE EXERCISE FOR ANTERIOR AND POSTERIOR CANALS



TO PERFORM VOR ANTERIOR AND POSTERIOR CANALS:

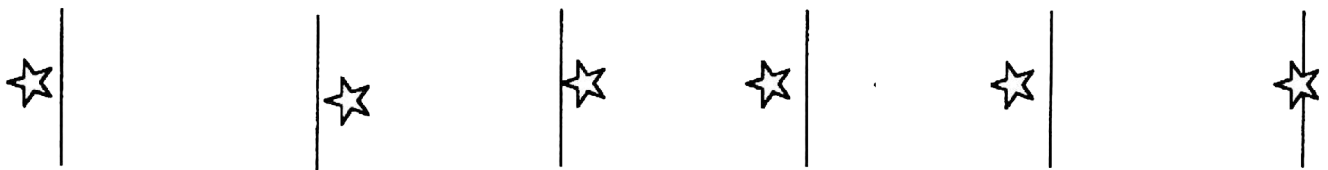
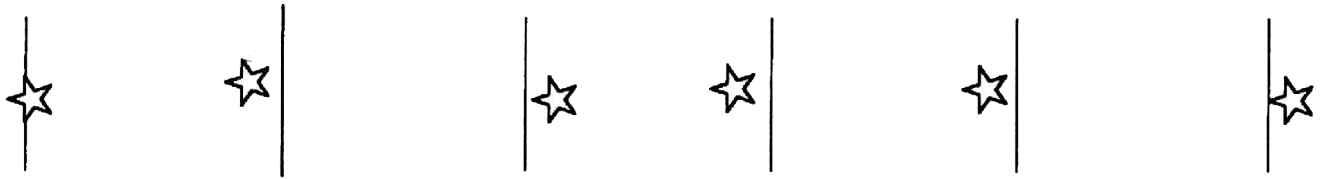
1. Stand up straight in proper posture
2. Outstretch your arm in front of you with your thumb pointed up
3. Move your head to the side with your nose pointing at a 45 degree angle
4. From that position, keep your eyes focused on the tip of your thumb and rock your head forward and back 5 times
5. Bring your head back to center
6. Turn your head in the opposite direction and repeat 5 times

POSTURE EXERCISE VOR HORIZONTAL CANALS



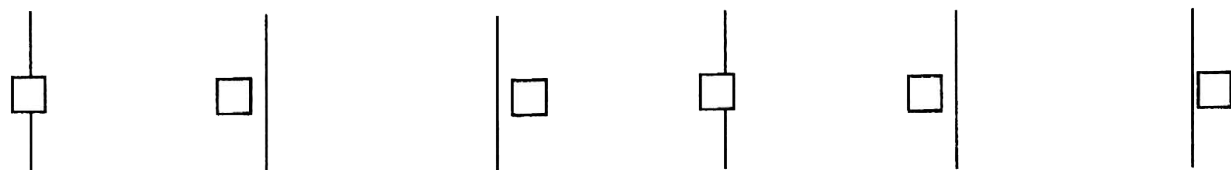
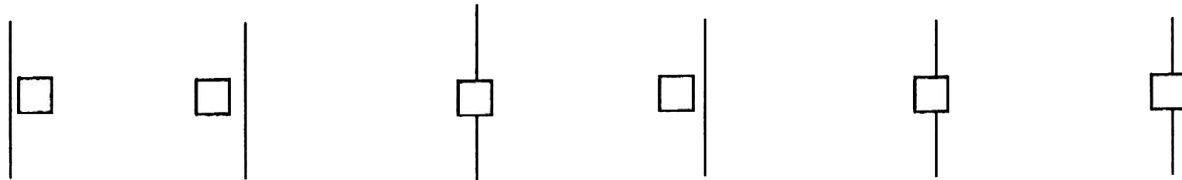
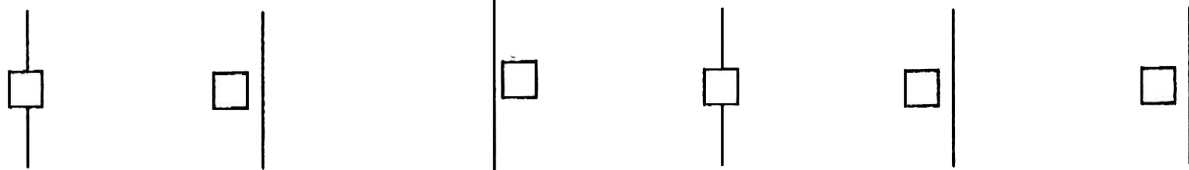
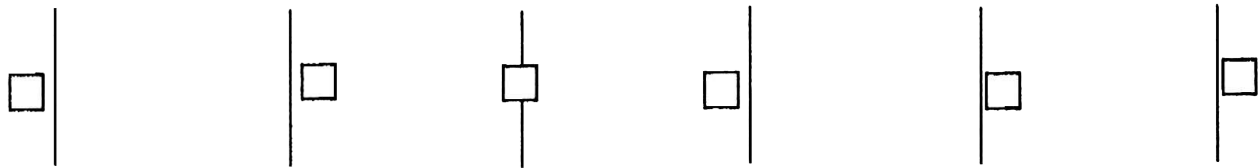
TO PERFORM VOR HORIZONTAL CANALS:

1. Stand up straight in proper posture
2. Outstretch your arm in front of you with your thumb pointed up
3. Start by focusing your gaze on your thumb
4. Quickly move your head to the side, keeping your eyes focused on your thumb
5. Perform 5 quick repetitions
6. Bring your head back to center
7. Repeat 5 times in the other direction



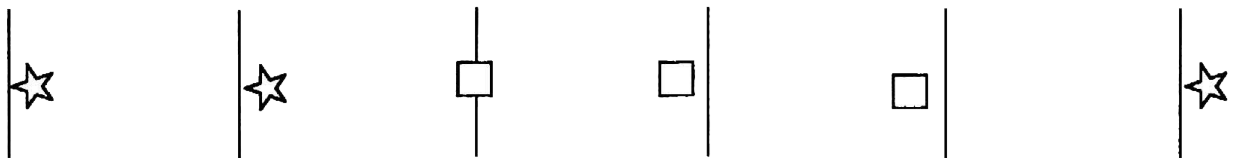
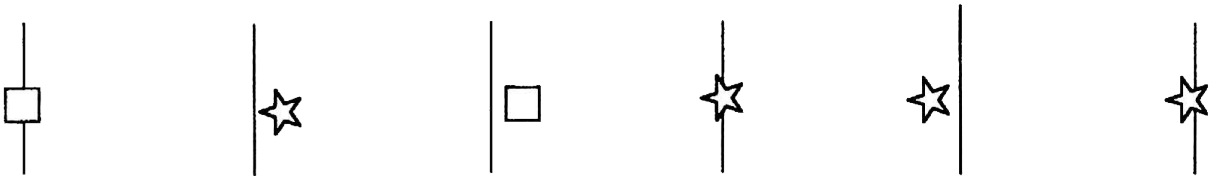
Star=hands

Coordination Chart 1



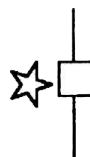
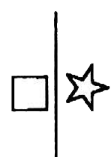
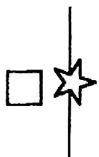
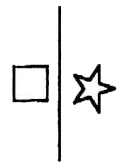
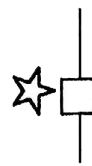
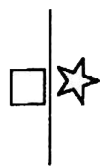
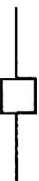
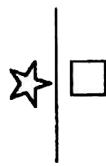
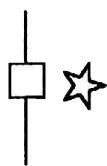
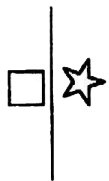
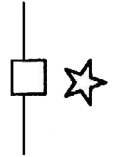
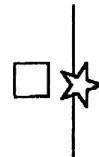
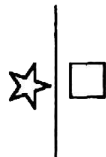
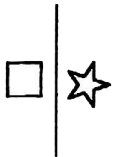
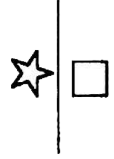
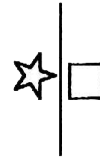
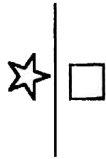
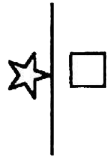
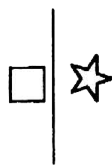
box=feet

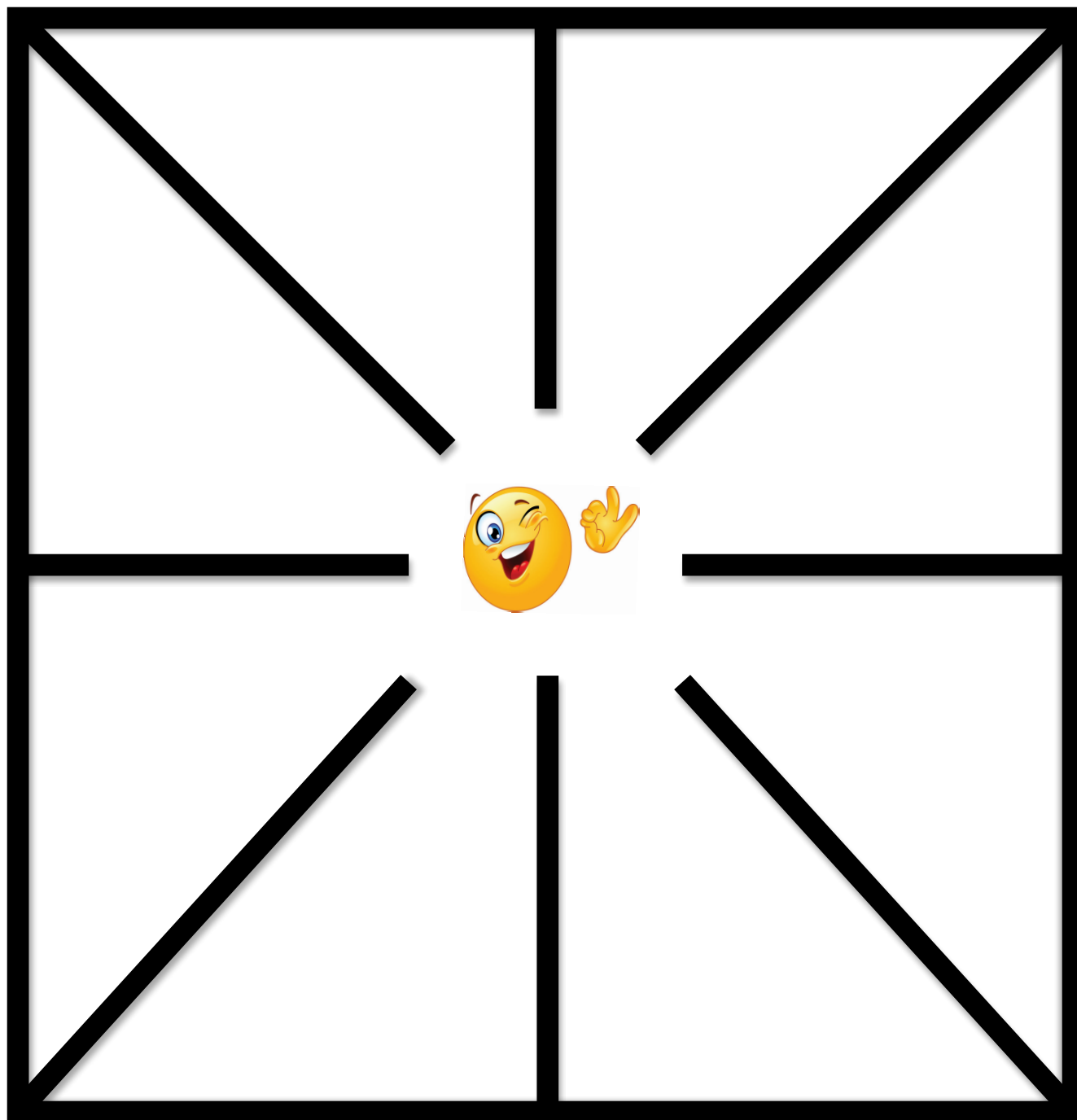
Coordination Chart 2



Star=hands box=feet

Coordination Chart 3





VOR eye exercise chart

1

E

20/200

2

P F

20/100

3

Z C T

20/70

4

P L E D

20/50

5

P F D E C

20/40

6

E D P C Z F

20/30

7

P Z L C P E D

20/25

8

D F E P C T E C

20/20

9

E L F O D P C F

20/15

10

P D F L T O E C

20/13

11

E P Z C L O T F D

20/10

A

D

n

t

m

u

Z

w

x

k

l

B

q

c

k

p

H