

CHALKBOARD DIRECTIONALITY FIXATIONS

PURPOSE: To develop an effortless relationship between movement (gross and fine), balance, timing and directionality in visual space

APPARATUS: Chalkboard, walking rail (length of 2 x 4), metronome

METHOD:

1. Walking rail (2 x 4) is positioned with one end perpendicular to the center of the chalkboard.
2. A mark, or an X, is made on the chalkboard at the patient's nose level and above the end of the walking rail.
3. Once the patient can walk the rail without losing balance, forward and backward, in a heel-to-toe manner while looking at the fixation mark (or X), he is asked to count the number of steps he must take to go one full length of the board. (The board should be long enough to permit at least nine steps.)
4. Suppose the number is 11. Write the numbers one through 11 on the chalkboard (at the patient's nose level) with the middle number (six in this example) where the X was previously located.
5. Now he walks as before, heel-to-toe, keeping his head straight forward, with his nose pointed at the middle number, but visually fixating each number, one to 11, as he walks forward. With each step, look at next number.
6. When he takes the last step, right at the chalkboard, the patient's eyes should be looking at number 11.
7. Now he moves backward, fixating each number in reverse order, 11 to one.
8. When he reaches the far end of the rail, he should be looking at number one.
9. When performance permits, repeat the procedure using a metronome (or tapping) for him to match his looking and moving with the beat.

ASPECTS TO BE EMPHASIZED:

1. Ability to maintain balance on 2 x 4 before introducing visual targets or rhythm.
2. Ability to hold steady fixation on X, and on numbers, while counting and moving on 2 x 4.
3. Ability to match visual fixation with movements of feet and the beat of the metronome (or tapping).
4. As he works on this procedure, the large muscles are recording the left to right visual pattern as a *forward* motion, and the right to left sequence as a *backward* motion. Draw this to the patient's attention and relate it to the eye movements when reading.

MONOCULAR_____BINOCULAR_____LENSES_____SEPTUM_____TIME_____