

STRING AND DOWEL

PURPOSE: To develop binocular space organization and awareness during ocular saccadic and pursuit activity

APPARATUS: Six-foot length of string, thumb tack, yardstick or three-foot dowel, button or bead

METHOD:

1. Assistant attaches one end of the string to end of dowel with tack and attach a bead or button 16 inches from the other end of the string. The patient is instructed to do the following:
2. Hold dowel in preferred hand and string to nose with other hand.
3. Keep string taut. Look at the tack on the end of the dowel.
4. Move the dowel in various patterns--for example, in horizontal, vertical and diagonal movements; circles, both clockwise and counterclockwise; figure-eight patterns, both horizontal and vertical; spiral patterns.
5. Keep looking at the tack.
6. Next, look at the bead or button about 16 inches from your nose and repeat Step four.
7. Finally, look back and forth from bead to tack while moving dowel as described.
8. Patient is to stand on floor. As performance improves stand on balance board. Repeat while walking about.

ASPECTS TO BE EMPHASIZED:

1. Should see two strings while looking at the tack or the bead.
2. Strings should form a "V" when looking at the tack.
3. Strings should form an "X" when looking at the button or bead.
4. Does either string disappear in whole, or in part, in any area of movement?
5. Strings should cross at the bead or touch accurately at the dowel when looking at each in turn.
6. Should be able to look quickly and accurately from tack to bead and back.
7. Maintain awareness of the rest of the room and your own body posture. Posture should be relaxed and balanced.

MONOCULAR _____ BINOCULAR _____ SEPTUM _____ LENSES _____ TIME _____