

NIELSEN FIXATIONS

PURPOSE: To develop awareness and accuracy in peripheral visual prediction of position in space

APPARATUS: Nielsen Chart (supplied), metronome, balance board

METHOD:

PHASE I

1. The Nielsen Chart is placed at the normal reading, or eye-hand working distance on a table surface.
2. The patient is asked to hold a steady fixation on the large central plus sign while maintaining awareness of the concentric circles and the other plus signs.
3. Using his preferred hand, he is to trace the path between the concentric circles with his index finger, clockwise and counterclockwise, without losing fixation on the plus sign and without touching either circle.
4. Repeat, while holding fixation upon the other plus signs in turn.

PHASE II

1. While holding fixation upon the central plus sign the patient is asked to reach out and touch the other plus signs, in turn with the index finger of the preferred hand. Start with the hand near the side of the head, and also extended to the side and thrust forward in one continuous movement.
2. Repeat, while using each of the other plus signs, in turn, as the fixation target.
3. Have the patient use his non-preferred hand occasionally.
4. This activity should also be repeated with the chart attached to the wall at eye level, with the patient standing on the floor and eventually on the balance board.
5. When performance permits, incorporate a beat or rhythm (as with a metronome) into the activity so that each movement is timed with the auditory rhythm.

ASPECTS TO BE EMPHASIZED:

1. Ability to maintain steady fixation on central target.
2. Awareness of the total chart and other surroundings.
3. Simultaneous awareness of the feeling of direction in the hand and the seeing of direction with the eye, before thrusting the index finger toward the plus sign.
4. Ability to monitor and accommodate to the auditory rhythm.

MONOCULAR _____ BINOCULAR _____ SEPTUM _____ LENSES _____ TIME _____