

XS & OS
VISUAL MOTOR III – Fine Motor Control 2 & 3

PURPOSE: To improve accuracy (and eventually speed) of visually guided fine-motor movements.

PROCEDURE: Draw a continuous line from left to right that goes under the X's and over the O's. Try not to touch any of the X's and O's above or below the line you're working on. Use your eyes to plan ahead. Be as accurate as possible. Later, we'll time you to see how fast you can do it while maintaining accuracy.

GOAL FOR THE WEEK:

Handout developed by The Studt Center for Vision Therapy, Southern California College of Optometry, Fullerton CA. Can be modified by the user.

From Scheiman M, Rouse M. Optometric management of learning-related vision problems, 2nd ed. St. Louis: Mosby, 2006.

XXOXOXOX000XOXOXOXOXOXOXOX00X0000XXOXOXOXOXOX00XXXX00X000XXOXOXO
00000XXOXOXOX0000XXOXXXXOX00X000X00X0000XOXOX00XOXOX0000X0000X0000
XX0000000XOXXXX00X0000XXOXXXX00000XOXXXX0000X00000X00000XOXOXOXXXXO
00XOXXXXXXXX0000XXXXXXXX0000XOXXXXXOX0000XXOXXXXXOX0000XOXOXOXOXOXO
OXX000XOXXXXX00X00X00XOX00X00XOXXXX0000XOXOXOX00XXOX000XOXXXX000XOX
OXXX0000XXXXXXXXXOXOXOXOXOXOX000X00X000X00X00X000XOXOX00000XOXOXOXO
OX0000XOXOX0000XOXOXOX000000XXOXXOXXXXOX00X0000XXX00X000XOXOXOXXXXO
X00000XXX00000XXXX00XOX0000XOXXOXXXX000XXOXOXOXOXXXXOXXOXOX0000X0XXX
0000XXX000XXOXOXOXOXOXOXOXOX00X00XOXOXOXOXXXXXXXXXOXOXOXOXXOXXXXXOX
XOXXXXXXXXXOXOXOXOXOX0000X0000X00XOXXXXX000XOXOXOXOXOXOXOXOX00XOXOXO
OX00XOXOXOXOXOXOXXXXOXOXOXOXOXOXOXXOXXXXOX000000X0000000XOXXXXXXXXOXXX
OXOXOXOXOXOXOX0000XXXXOXOXOXOXXXX0000XOXXXXX00X0000XOXXXXX00X000XX
XOXOXOXOXOXOXOXOXOXOXOXOX00XOXXXXOXOXOXOXOX00000XXOXXXXX0000X000X00
000X00XXX0000XXX00XOXOX00XOX0000XXX00X0000XOXXXXX0000XOXOXOXXXX0000X
XXXXOXOXOX00000XXXXX0000XX00XOXOXOXOX00XXOXOXXXXOXOXOXOXXOXOXXXXOXXXX
XOX0000X00X000XOXOXXOX00000XXOXOXXXXX00X0000XOXX00XXXXOXOXOX0000XO
XXXX00X000XOX00XOXOXOXOX00XOXOXOXOXOX00XOXOX00XOXOX000X00XOXOXO
XOXOX00XOXOXOXOXXXXOXOXO0000XOXXOXOXXXXOXOXOXOX00XXXXOXOXOXOX000000
XOXXXXOXOXOX00XOXOXOXXOX00XXOXOXXXXOXOXOXOXOXOXOXOXOXOXXXXOXOXOX00X
0000XOXOXXOXXXXXXXX0000XOX00XOXOXOXOXXXXXOXOXOX0000X00XOXOXOXOX0000

XXOXOXXOXO00OXOXOXXXXO0XO00XO00XOXOXOXO00XOXOXOXXXOXO0XO00XOXOXXOX
OXXXXXXXXOXO00000XOXOXOXOXOXOXOXO00XOXOXOXOXXXOXOXOXOXOXOXO00
00XOXOXXXOXOXO0OXOXOXXXXO0XOXXXOXXOXO0XOXOXOXO0000XXXXOXXXXXXXXO0X
OXOXOXXXOXOXOXXXXXXXXOXO0XO000XXXXXOXOXOXO0XXOXOXO0000XXXXXOXOX
OXO0XOXOXO0XOXOXOXOXOXOXOXXXXXO0000XXXXXOXOXOXO0XO00XO0XOXXXXO000XO
XXXOXO0XO000XXXO0XOXXXXXOXO000XXXO00XXXXXOXOXXXXXOXOXO00XOXOXOXOXO
OXXXOXXO000XXOXXXOXOXOXXOXXXO0XXXXXXO000XXXXXXO0000XXXXXO0XOXOXXX
XO0000XXXO00XXXXXOXO000XXXO00XXXXXO0000XXXXXOXO00XXOXO00XOXXXXXOXO0X
0000XXOXO0000XXXXO000XOXXXXXO000XOXXXXO0XOXO00000XXXO0XOXOXXOXXOXO
XOXOXOXOXXOXXOXXOXXOXOXOXO0000XO0XOXO0XOXOXOXOXOXXOXXXOXOXOXOXXOX
0000XOXOXOXOXOXOXOXXXXXOXOXOXXOXXOXXOXXO0000XOXXOXO0XOXOXO0XO0XO
00XOXOXOXOXO0XOXOXOXXXOXO00XOXOXOXOXXOXXOXXO00000XXXOXXO00000XOXOXO
XOXOXOXXOXXOXOXOXOXO0000XXXXXXOXXOXOXOXOXXOXXXXXXOXXOXXOXOXO00XOXOX
OXOXOXOXO0XO00XXOXOXXXXXOXOXO0XOXOXO0XO0000XXXXXOXOXOXO0000XXXXXOXO
XOXOXOXOXOXOXXOXXXXXXXXOXOXOXO00000000XOXOXOXOXOXO0XOXOXOXOXO00000XX
OXOXXXOXO0000XXXXXO0000000XXXXXOXOXOXXXXXOXOXOXOXXOXXXXXXXXO0XO00000XO
XOXOXXO0XOXO00000XOXXXXO0XO0XOXO0XXXXXO0XO00000XOXXXOXOXOXXXXXXXXOX
XXOXOXXXXXXOXO00XO00XXXXXXXXXXXXXO0000XOXXXOXOXOXOXO0XOXOXO0XO0000XXX
XXOXOXO0000XOXXXXXOXOXOXOXXXXXXOXOXOXO0000XXXXXOXXOXOXO000XO0XXXOXXO
XXOXOXOXO000000XO0XOXO0XOXXXXXO000000XOXXXXXXOXO00XO000XO0XOXOXXO

XXX00X0X0X0X0X0X0X00X0X0XXX0X0X000X0X0000X00000X0XXXX0X0X0X0X0
X0X0X0X0X0X0X0X0X0X000X0X00X0X0X0X0X0X0X0000X0XXXX0X0X0X0XXXX
0X00000000X0X0XXXXXXXXX0X0XX0000000XXXXXXX0X0000XXXXXXX00000X0X
XXXXX0X0X0X0XXXXX00X00000XXXX00X0000X0X0X0000X0X0XXXXXXX000000X
0X0X0000000XXXXX0X0000XXXX0000X0X0XXX000X0X0X0X000000XXXXX0X0X0
000XX00000X0X000X0XXXX0X0X0X0X000X0X0000X0XXXX000X0X0XXXXX0X0X0
00X00X000000XX0X0X0X0X0X0X0X0X0X0XX0X0XX0XX0XXXXX0X0000XXXX0X0X000
0XXXXX00X0X0X0X0X0000XXXXXX0X000000XXXX0000XXXXX00000X00XXXXX0X0
X0XX00X0X0000XXXX0000XXXXX0X000000XXXXXXX00000XXXXX000X0XXXXX000
X0XXXXX0X0X00X0X0X00000X0X0XX0XX0XXX0X0X000XXXXX0000X0X0X0X0X0X0
XXX0X0X0X0X000X0X0XXX0X0X0X0X0X00X0XX0X000XXXX000XXXX0000XXXX0X
X00XX0X00XX0X0X0X0000XX0X000X00XX0X000XXXXXXX0000XXXXX0XX0X0X00
00XXXXX0000X0XX0XX00X000XXXX00000XXXXX0X0000XXXXX00000X0XXXXX0X0
00XXXX0000X0X0X0X0X000X0XX00000X0000XXXXX000X0XXXXX00000X0X0XX0
00XXXX00000XXXX000X0X0XXXXX00X0000XX0X0X0X0X0X0X0X0XX0X0XXX0X0X0
0X00X0X0X00XXXX000000X0X0XX0X0X000000XX0X0XX0X0XXXXX0X0X0X0X0X0X
0X0X0X0X0XXXX0000000000XXXXXXX000000000XXXXXXX000000000XXXXXX
0X0X00X00X0X0XXXXX0X0XXXXX0X0XXXXXXX0000X0X0XXX00X0000X0XXXXX0X
00X0XX0XX0X0X0X00X0X00X00X0X0X0X0X0000X0X0X0X00X000X0X0XXXX0X
00X0XXXX00000X0X0XX0X0X000X00X000X00X0XXXXX0000000000XXXXXX000

