

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.

OXOXOOXOXOXOXOXOXOXOXOXOXOXOOXOOOXXOXOXOXOXOXOXOXOX
XOX
OXOOOXOXOOOX
OXOXOOOX
XOOOOXOOX
XOOXOOOX
XOOXOOX
XXOX
XOX
OX
XOX
XXOX
OOXXXXXOX
OOX

0XX00X0X0XX0X0X0X0000XX0X0X0000XXX0X0X0X000X0X
0X0X0X0X0X0X00XX0000XX0XX0X0X0X0X00XXX00X000X
X0X0X000000XX0X0X0XX0000XX0XXX0X00X000X00X000
0X0X0X00X0X0X0XXX0000X0XXX0000000X0XXX00X00
00XX0XXX00000X0XXX0000X00000X0000XX0X0X0XXX0
00X0XXXXXX0000XXXXXX0000XX0XXXXX0X0000XX0XXX
X0X0000X0X0X0X0X0X0X00XX000X0XXXXX00X00X00X0X00
X00X0XXX0000X0X0X0X00XX0X000X0XXX000X0X0XXX00
00XXXXXXX0X0X0X0X0X0X000X00X000X00X00X000X0X0
X00000X0X0X0X00X0000X0X0X0000X0X0X0X0000000XX0
XX0XXX0X00X0000XXX00X000X0X0X0XXX0X00000XXX000
00XXX00X0X0000X0XX0XXX000XXX0X0XX0XXX0XX0X0X0
000X0XXX0000XX000XX0X0X0XX0X0X0X0X0X00X00X0X0
X0X0XXXXXX0X0X0X0XX0XXXXXX0X0XXXXXXX0X0X0X0X

OX0000X0000X00X0XXXXX000X0X0X0X0X0X0X0X00X0X0
X00X00X0X0X0XX0X0XX0X0X0X0X0X0XX0XX0X000000X
00000000X0XXXXXXXX0XX0X0X0X0X0X0X0X0000XXXX0X
OX0X0XXX0000X0XXXXX00X0000X0XXXXX00X000XXXX0X0
X0X0X0X0XX0X00X0X0X00X0XX0XX0X0X0X0X00000XX0X
XXXXX0000X000X00000X00XX0000XXX00X0X0X00X0X00
0XX00X0000X0XX0XX0000X0XX0XX0000XXXXX0X0X0X
00000XXXXXX0000XX00X0X0X0X00XX0X0XX0X0X0X0XX0
X0XXX00XXXX0X0000X00X000X0X0XX0X00000XX0X0XXX
X00X0000X0XX00XXXX0X0X0X0000X0XXXX00X000X0X00X
OX0X0X0X00X0X0X0X0X0X00X0X0X00X0X0X000X00X0X00
X0X0X0X0X00X0X0X0XXXXX0X0XX0000X0XX0X0XXXX0X0X
OX0X00XXXX0X0X0X0X000000X0XXXX0X0X0X00X0X0X0XX
OX00XX0X0XX0X0X0X0X0X0X0X0X0X0XXXX0X0X0X00X00

00X0X0XX0XXXXXX0000X0X00X0X0X0X0XXXXX0X0X0X00
00X00X0X0X0X0X0000XX0X0XX0X000X0X0XXX00X000X0
00X0X0X0X000X0XX0X0XXX0X00X000X0X0XX0X0XXXXXX
X0X000000X0XX0X0XX0XX0X0X000X0X0XX0X0XXX0X0X
0X0XX0X0X00000X0XX0XXX0X0X00X0X0XXX00XX0XXX0X
X0X00X0X0X00000XXXX0XXXXXX00X0X0X0XX0XX0X0
XXXXXX0X00X0000XXXXXX0X0XX0XX00XX0X0X00000XXX
XX0X0X0X00X0X0X00X0X0X0X0X0X0XXXXX00000XXXX0
X0X0X00X000X00X0XXX0000X0XXX0X00X0000XXX00X0X
XXX0X0000XXX000XXXX0X0XXXXX0X0X000X0XX0X0XX0X0
0XXX0XX0000XX0XXX0X0X0XX0XXX00XXXXXX0000XXXXXX
X00000XXXXX00X0X0XXX00000XXX000XXXXX0X0000XXX0
00XXXXX00000XXXX0X000XX0X000X0XXXXX0X00X0000XX
0X00000XXXX0000X0XXXXX0000X0XXXX00X0X000000XXX