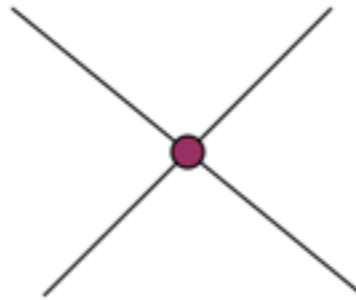


more Brock string exercises

I. MAKE AN "X"

Place a single bead on the string (the other beads are pushed to the end). The patient looks at the bead with both eyes open, on looking right at the bead. If both eyes are performing as desired, he should see one bead and two strings like this:



If the patient closes an eye one of the strings will disappear, when the other eye is closed the other string will disappear. This is how he would see things if one of his eyes were suppressing (turning off).



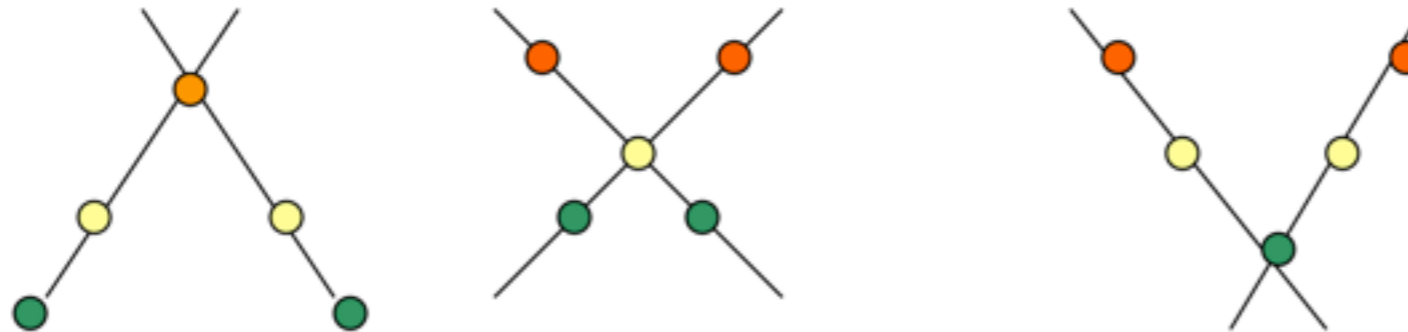
If the patient only sees one bead and one string when both eyes are open, he is suppressing one eye. To break the suppression, he should try the following:

1. Check his posture and peripheral awareness.
2. Blink rapidly several times.
3. Jiggle or vibrate the string.
4. Move the bead closer to or further away from him.
5. Sometimes red-green glasses can help elicit two strings.

If the patient sees two beads and two strings, it means his eyes are not converged at the bead. The patient should concentrate on changing where his eyes are looking until he gets the desired response. He may need to move the bead closer or further to do this.

II. MOVEABLE "X"

All of the beads are placed on the string at different distances. The patient shifts his focus from one bead to another in random order. The goal is to see and "X" at each bead as soon as the patient looks at the bead.



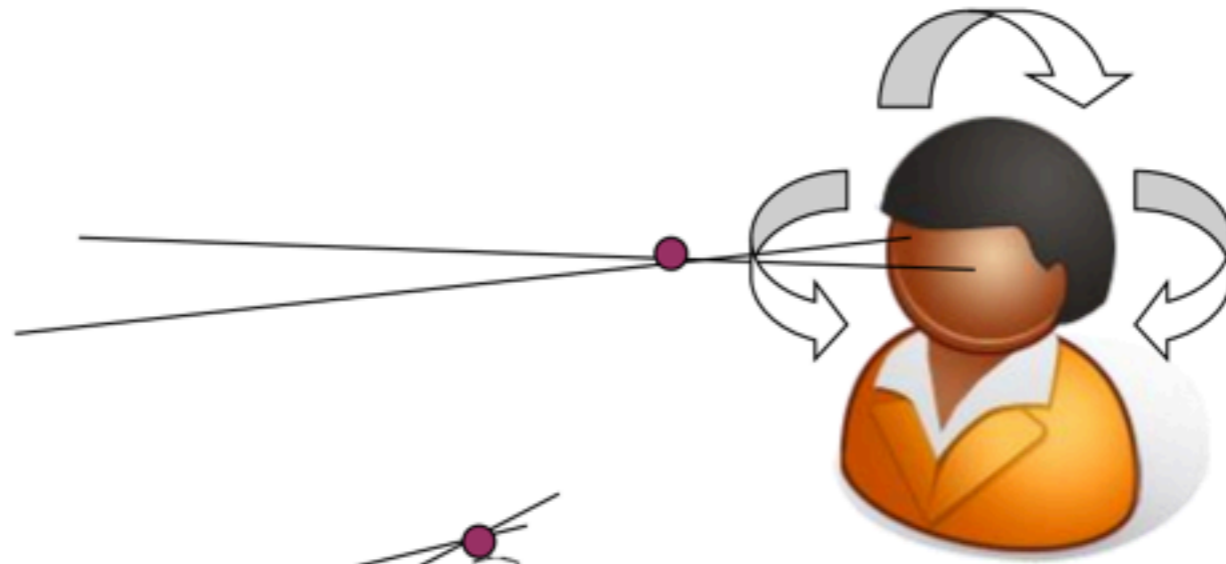
After a few minutes, move the beads to different positions, so that the patient's eyes learn to make an "X" at any bead placed anywhere on string.

III. VARIATION OF GAZE

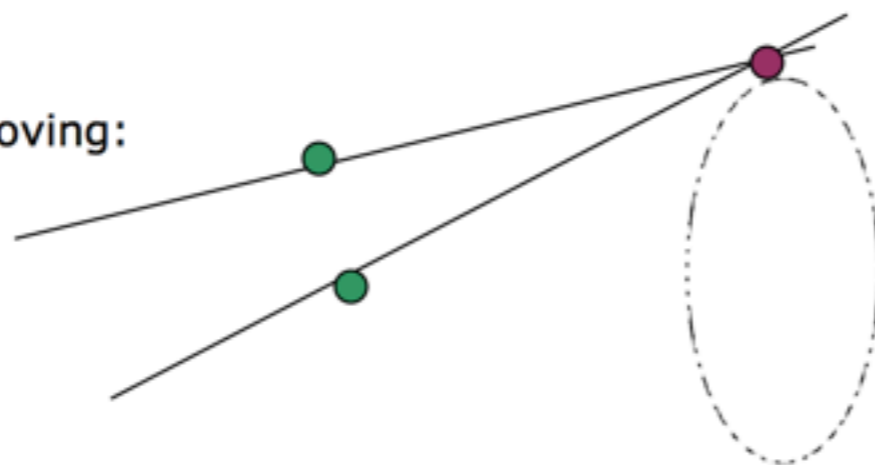
Repeat the movable "X" activity with:

1. Head turned to different positions: up, down, right, and left. The string stays straight.
2. Head continuously moving, string stays straight.
3. Head stays still. The string is moved by the therapist to different positions.
4. Head stays still, string continuously moving in different positions or in a circular path.
5. Head moving, string moving.

Head moving:



String moving:



V. BUG WALK

Remove or push all beads to one end of the string. The patient looks at the far end of the string and obtains a "V" response. The patient then visualizes a bug walking slowly up the string toward him. As he slowly follows the bug the "V" should change into an "X" and the "X" should move slowly up the string toward him. The patient should work to move the "X" slowly and smoothly until it reaches his nose and then back out to the other end again. The goal is to take one minute to complete the trip in each direction.

VI. BUG WALK IN POSITIONS OF GAZE

Repeat the bug walk using the variations of head and string position as outlined in procedure number III.