

# Vision Therapy Home Activities

These home vision therapy exercises are a small sampling of activities from a comprehensive vision therapy program. They are designed to work together to build a few fundamental ocular motor and visual processing skills.

## Eye Control

Purpose: To learn to use the eyes free from the rest of the body, through the full range of possible movements.

Note: The goal is to complete the follow series of exercises using your eyes – not by moving your head.

### Part One

1. Using your hands folded together so the fingers are in a “steeple”, and rubbing the fingertips together, move them out as far to the left as possible. The head should be kept facing STRAIGHT ahead at all times.
2. Hold the position for about five seconds, until the eyes have a chance to “feel” what looking left feels like.
3. Move the fingers to the right and hold for five seconds. Again, make sure the head is held straight forward.
4. Move the fingers up above the head and hold for about five seconds. (You will have to move them out in front of you so you can see above you elbows.)
5. Repeat, hold the fingers down in front of you, and far enough out that the cheeks do not cut off the view.
6. Repeat the above sequence for three complete cycles of left, right, up and down.

Note: You do not have to follow the fingers with your eyes as they move from position to position. Just move the fingers to the position, THEN shift the eyes to that position and hold for five seconds. Also, if using both arms is difficult or causes a head tilt, etc, it is permissible to just use one hand, rubbing your thumb against the index finger.

### Part Two – After going through Part One, add the following:

1. Move the fingertips out in front of your eyes as far as possible, then slowly bring your fingertips in toward your nose.
2. Be aware of how many fingers you see. If the image seems to double or blur, see if you can move the eyes in enough to make it single again. If you can't move the fingertips out again and repeat, do not do this more than twice at any one time.
3. Repeat the Part One and Part Two sequences two or three times in a row. It is best to do this for only a minute or two, but to do it several times a day, as is can cause discomfort if done for long periods at a time.

### Part Three

Do the same activity as week one, but start “tracking”. This simple means that you will do the same activity, but will be following the fingers with your eyes from start to finish, tracking them as they move

to various positions of left, right, up, down, then around in a circle.

As this stage you may want to use just one arm, rubbing the thumb and forefinger together as you move from one position to the next. Another option is to hold a pencil and focus on a part of the pencil (such as the metal part which holds the eraser). Keep the eyes directly on the fingers, as you reach the center of your body, switch to the other arm and continue moving to the other side without taking your eyes off your fingers. Then, track upward, down the center from top to bottom and then around in a circle in the same manner, changing directions of your circles.

### **A Reminder about Eyesight and Vision**

Eyesight is the physical process of detecting patterns of light and contrast with the eyes. It is the ability to see small objects clearly. The accepted measurement is 20/20 visual acuity. Vision is the learned process that allows the brain to efficiently gather and use the information that is seen through the eyes. Vision provides the brain with an efficient channel for monitoring our attempts to move through, or change the environment. Vision includes skills such as eye tracking, eye teaming, focusing and perceptual relationships. How the brain and eyes work together – vision – has a great impact on the learning process for both children and adults.

A vision therapy program typically includes the use of special lenses, prisms or filters, in association with procedures designed to enhance the brain's ability to control eye alignment, eye movements, focusing ability and eye teamwork. High levels of visual-motor efficiency and endurance are developed during carefully monitored therapy sessions. The new skills are brought together and become automatic by repetition and integration with motor and cognitive skills.

If you have questions or have interest in a free evaluation, please call our office at 913-469-8686 or e-mail us through our website at [www.visiontherapykc.com](http://www.visiontherapykc.com).