ANTI-SUPPRESSION VISION CHART TRAINING SERIES ACTIVITY SUGGESTIONS

*The charts were developed to provide the behavioral optometrist and vision therapist flexibility in the vision therapy program and the ability to work on several visual skills at the same time. In addition, they were created to be affordable for possible use with home therapy training activities. These activities are merely suggestions and are **not** meant to be a program. However, they are meant to be **FUN!** The more you work with the charts and allow your creativity to take hold; you will no doubt invent new procedures as well.*

*The **Single-color** charts offer the advantage of performing **Monocular Work in a Binocular Field** training. In performing this type of training, you would place a Red Anaglyphic Filter over one of the patient's eyes, leaving the eye you are training non-occluded. The **Multi-Color** Charts are great for **Binocular Field** training with Red/Green Anaglyphic glasses placed over the patient's eyes.*

*Since the charts are available in **three** sizes, you can elevate the demand of the activity by changing the size of the characters. Also, since there different characters available (**shapes, capital letters, lower case letters, numbers and bdpq**), you can select characters with which your patient is familiar. Also, most character styles are available in **two versions** for those clever patients who "memorize" charts rather quickly.*

With all of the procedures, you will want to receive feedback from your patient about clarity, suppression, discomfort, and diplopia.

1. Visual Gross Motor Activities
    a. With ARROW or Flipped E's Chart – Medium and Large Size
        i. Arm Movements
            1. Mount chart to wall.
            2. Have patient face chart and move away from chart to a challenging distance where he can still see chart without suppression.
            3. Have patient call out direction – Up, Down, Right or Left – and point arms the same direction the arrow points.
            4. Have patient call out opposite direction of arrow, but point arms the same way the arrow points.
            5. Have patient call out same direction of arrow, but point arms the opposite direction the arrow points.
            6. Have patient call out opposite direction of arrow and point arms the opposite direction the arrow points.
        ii. Balance Board
            1. Mount chart to wall
            2. Have patient face chart and move away from chart to a challenging distance where he can still see chart without suppression
            3. Lay a Balance Board on Floor
            4. Have patient stand on Balance Board.
            5. Patient will call out direction of arrow and tip board the same direction the arrow points.
        iii. Jump Arrow
            1. Mount chart to wall
            2. Have patient face chart and move away from chart to a challenging distance where he can still see chart without suppression.
            3. Lay a Jump Rope on floor so that the Jump Rope forms a Square shape.
            4. Have Patient stand in center of Square.
            5. Patient will call out direction of arrow and Jump to the Front, Back, Left or Right side of square for each arrow. Patient should return to center of square before performing the next arrow's direction.
2. Ocular Motor Activities
    a. With Any Style of Chart of Any Size
        i. Scanning/Searching Activities
            1. Have patient count and report the quantity of the following
                a. All arrows pointing Up
                b. All arrows pointing Down
                c. All arrows pointing Left.
                d. All arrow pointing Right
        ii. Saccadic Eye Movements
            1. Specify certain Columns or Rows which the patient must read
3. Accommodative Activities
    a. With Any Style of Chart using the Small size combined with either a Medium or Large size
        i. Mount Medium or Large Size Chart to wall
            1. Have patient face chart and move to a challenging distance
            2. Give patient the Small Size Chart
            3. Have patient hold that a close as possible while maintaining clarity
            4. Perform Near/Far Accommodative Rock – patient reads a character/line on near chart then shifts focus to far chart
        ii. Combine with Brockstring (Beads and String) Rock
            1. Mount Medium or Large Size Chart to wall
            2. Have patient face chart and move to a challenging distance
            3. Have patient focus on a bead then shift to the chart
    b. With Any Style of Chart with Small Size Chart
        i. Place Small Size Chart at reading distance from patient
        ii. Give Patient an Accommodative Flipper Bar to hold over his eyes
        iii. Have patient read a character/line with one lens(es) then flip to the other side
4. Binocular Vergence Activities
    a. With Multi-Color Chart of Any Style of Any Size
        i. Place chart at desired training distance
        ii. Have patient face chart
        iii. Give patient a Base-Out/Base-In Prism Flipper Bar
        iv. Have patient read a character/line through one side then flip to the other side

5. Visual Sequential Memory w/Motor
    a. Reveal to patient a sequence of arrows (of a length he can remember)
    b. Have patient store sequence in his mind
    c. Have patient go to another location across room
    d. Have patient reproduce the sequence:
        i. verbally
        ii. with movement of arms
        iii. in written form (preferably with red pencil)
        iv. walking the directions
        v. tipping a balance board the directions

DON'T FRET IF A CHART GETS RIPPED, SOILED OR SLIGHTLY CRUMPLED. Here are some **great** ideas! Take a pair of scissors and cut the chart into the individual columns, rows or individual boxes. Just think of what you can do all while wearing Anaglyphs!
1. Ocular Motilities
    a. Adhere columnar strips to each side of a doorjamb.
    b. Have patient read the characters on the strips by having eyes jump from one side of door jamb to the other
2. Visual Size Constancy
    a. Have patient sort the character tiles into piles that represent the same sizes
3. Visual Form Constancy
    a. Have patient sort all the same character (regardless of size).
4. Visual Discrimination
    a. Have patient sort all the characters by form and size
5. Tic Tac Toe Games
    a. Create a Tic Tac Toe Board on White paper (or even with Black Felt and Red Pipe Cleaners)
        i. Play Tic Tac Toe with arrows until 3-in-a-row wins

LET YOUR CREATIVITY GO WILD!

©Thomas C. Headline 2003

www.headlinevisionenterprises.com
Follow us on Facebook:
www.facebook.com/headlinevisionenterprises

We add new products constantly, so check for the latest developments!

CHARTS AVAILABLE FOR VISION THERAPY

VARIETY PACKS
- GAP – GET ACQUAINTED VARIETY PACK
- BDPQV – BDPQ VARIETY PACK
- CLV – CAPITAL LETTER VARIETY PACK
- LLV – LOWER CASE VARIETY PACK
- NV – NUMERICAL VARIETY PACK
- SV – SHAPES VARIETY PACK
- RV- ARROWS VARIETY PACK
- EV – EVERYTHING VARIETY PACK (does not include arrows yet).

SINGLE-COLOR FORMAT
- OBL1 – ORANGE BDPQ LARGE (48PT) VERSION 1
- OBM1– ORANGE BDPQ MEDIUM (36PT) VERSION 1
- OBS1– ORANGE BDPQ SMALL (12PT) VERSION 1
- OCL1– ORANGE CAPITAL LETTERS LARGE (48PT) VERSION 1
- OCL2– ORANGE CAPTIAL LETTERS LARGE (48PT) VERSION 2
- OCM1– ORANGE CAPITAL LETTERS MEDIUM (36PT) VERSION 1
- OCM2– ORANGE CAPITAL LETTERS MEDIUM (36PT) VERSION 2
- OCS1– ORANGE CAPITAL LETTERS SMALL (12PT) VERSION 1
- OCS2– ORANGE CAPITAL LETTERS SMALL (12PT) VERSION 2
- OLL1– ORANGE LOWER CASE LETTERS LARGE (48PT) VERSION 1
- OLL2– ORANGE LOWER CASE LETTERS LARGE (48PT) VERSION 2
- OLM1– ORANGE LOWER CASE LETTERS MEDIUM (36PT) VERSION 1
- OLM2– ORANGE LOWER CASE LETTERS MEDIUM (36PT) VERSION 2
- OLS1– ORANGE LOWER CASE LETTERS SMALL (12PT) VERSION 1
- OLS2– ORANGE LOWER CASE LETTERS SMALL (12PT) VERSION 2
- ONL1– ORANGE NUMBERS LARGE (48PT) VERSION 1
- ONL2– ORANGE NUMBERS LARGE (48PT) VERSION 2
- ONM1– ORANGE NUMBERS MEDIUM (36PT) VERSION 1
- ONM2– ORANGE NUMBERS MEDIUM (36PT) VERSION 2
- ONS1– ORANGE NUMBERS SMALL (12PT) VERSION 1
- ONS2– ORANGE NUMBERS SMALL (12PT) VERSION 2
- ORL1 – ORANGE ARROWS LARGE (48PT) VERSION 1
- ORM1 – ORANGE ARROWS MEDIUM (36PT) VERSION 1
- ORS1 – ORANGE ARROWS SMALL (12PT) VERSION 1
- OSL1– ORANGE SHAPES LARGE (48PT) VERSION 1
- OSL2– ORANGE SHAPES LARGE (48PT) VERSION 2
- OSM1– ORANGE SHAPES MEDIUM (36PT) VERSION 1
- OSM2– ORANGE SHAPES MEDIUM (36PT) VERSION 2
- OSS1– ORANGE SHAPES SMALL (12PT) VERSION 1
- OSS2– ORANGE SHAPES SMALL (12PT) VERSION 2

MULTI-COLOR FORMAT
- CBL1 – COLORFUL BDPQ LARGE (48PT) VERSION 1
- CBM1 – COLORFUL BDPQ MEDIUM (36PT) VERSION 1
- CBS1– COLORFUL BDPQ SMALL (12PT) VERSION 1
- CCL1 – COLORFUL CAPITAL LETTERS LARGE (48PT) VERSION 1
- CCL2– COLORFUL CAPTIAL LETTERS LARGE (48PT) VERSION 2
- CCM1– COLORFUL CAPITAL LETTERS MEDIUM (36PT) VERSION 1
- CCM2– COLORFUL CAPITAL LETTERS MEDIUM (36PT) VERSION 2
- CCS1– COLORFUL CAPITAL LETTERS SMALL (12PT) VERSION 1
- CCS2– COLORFUL CAPITAL LETTERS SMALL (12PT) VERSION 2
- CLL1– COLORFUL LOWER CASE LETTERS LARGE (48PT) VERSION 1
- CLL2– COLORFUL LOWER CASE LETTERS LARGE (48PT) VERSION 2
- CLM1– COLORFUL LOWER CASE LETTERS MEDIUM (36PT) VERSION 1
- CLM2– COLORFUL LOWER CASE LETTERS MEDIUM (36PT) VERSION 2
- CLS1– COLORFUL LOWER CASE LETTERS SMALL (12PT) VERSION 1
- CLS2– COLORFUL LOWER CASE LETTERS SMALL (12PT) VERSION 2
- CNL1– COLORFUL NUMBERS LARGE (48PT) VERSION 1
- CNL2– COLORFUL NUMBERS LARGE (48PT) VERSION 2
- CNM1– COLORFUL NUMBERS MEDIUM (36PT) VERSION 1
- CNM2– COLORFUL NUMBERS MEDIUM (36PT) VERSION 2
- CNS1– COLORFUL NUMBERS SMALL (12PT) VERSION 1
- CNS2– COLORFUL NUMBERS SMALL (12PT) VERSION 2
- CRL1 – COLORFUL ARROWS LARGE (48PT) VERSION 1
- CRM1 – COLORFUL ARROWS MEDIUM (36PT) VERSION 1
- CRS1 – COLORFUL ARROWS SMALL (12PT) VERSION 1
- CSL1– COLORFUL SHAPES LARGE (48PT) VERSION 1
- CSL2– COLORFUL SHAPES LARGE (48PT) VERSION 2
- CSM1– COLORFUL SHAPES MEDIUM (36PT) VERSION 1
- CSM2– COLORFUL SHAPES MEDIUM (36PT) VERSION 2
- CSS1– COLORFUL SHAPES SMALL (12PT) VERSION 1
- CSS2– COLORFUL SHAPES SMALL (12PT) VERSION 2

October 2003