

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 are 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 BDPQ Chart – Medium and Large Size

i. Bucket Toss

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. Place two bucket/boxes in front of patient – one to his left and one to his right
4. Patient can read BDPQ chart while tossing beanbags or balls into the buckets/boxes depending on the direction the letter faces. For example, a "b" faces right so he tosses beanbag into the right bucket.

ii. Jumping the Rope

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 which will represent the stick of the "b", "d", "p" or "q"
4. Patient will read letter chart and Jump to the side of the rope which matches the bubble of the letter. For example, a "b" faces right so he will jump to the right side of the rope.

b. With Any Style of Chart of Medium or Large Size

i. Mount Chart to Wall

ii. Have patient face chart

iii. Patient reads the chart while performing one of the following tasks:

1. Bilateral Creeping/Crawling
2. Bilateral Walking
3. Bilateral Walking on Balance Beam/Walking Rail

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. Certain Shapes
 - b. Certain Numbers
 - c. Certain Letters
 - d. Only b's, d's, p's, q's
 - e. Only characters facing right or left

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 as 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

(over to next side)

5. Visual Fine Motor Integration skills

a. With Any Style of Chart of Any Size

b. Place chart in a standard non-glare page protector and set to patient's reading distance

CHARTS AVAILABLE FOR VISION THERAPY

- c. Give patient a Dry Erase Type Marker
 - d. Have Patient Fill-In the following:
 - i. Certain Shapes
 - ii. Only b's, d's, p's or q's
 - iii. Only 6's, 8's, or 9's
 - iv. Other letters which have a "bubble"
 - e. Have patient "Dive Bomb" the following:
 - i. Certain Shapes
 - ii. Only b's, d's, p's or q's
 - iii. Only letters or numbers which face right or left
 - iv. Certain Letters
 - v. Certain Numbers
6. Visual Sequential Memory w/Motor
- a. With Any Style of Chart of Any Size
 - b. Reveal to patient a sequence of characters (of a length he can remember)
 - c. Have patient store sequence in his mind
 - d. Have patient go to another location across room
 - e. Have patient reproduce sequence on a piece of paper (preferably with a red-pencil)

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
- ☐ EV – EVERYTHING VARIETY PACK

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 CAPITAL 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
- ☐ 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 CAPITAL 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
- ☐ 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

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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 shapes until 3-in-a-row wins
 - ii. Play Tic Tac Toe with numbers with a rule that the rows or columns must total a certain number
 - iii. Play Tic Tac Toe with letters by forming 3 letter words that can go Up, Down, Across and Diagonal. Play as a team and see how many words your team can form (you can get extra points for words that work in two directions like TAP and PAT). Use the b's, d's, p's and q's as "wild" letters

LET YOUR CREATIVITY GO WILD!

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