

COVD 2016 (St. Louis) Vision Therapist Education

Maximizing Success of Vision Therapy by using Balance Boards and incorporating other Multi-Modality Techniques

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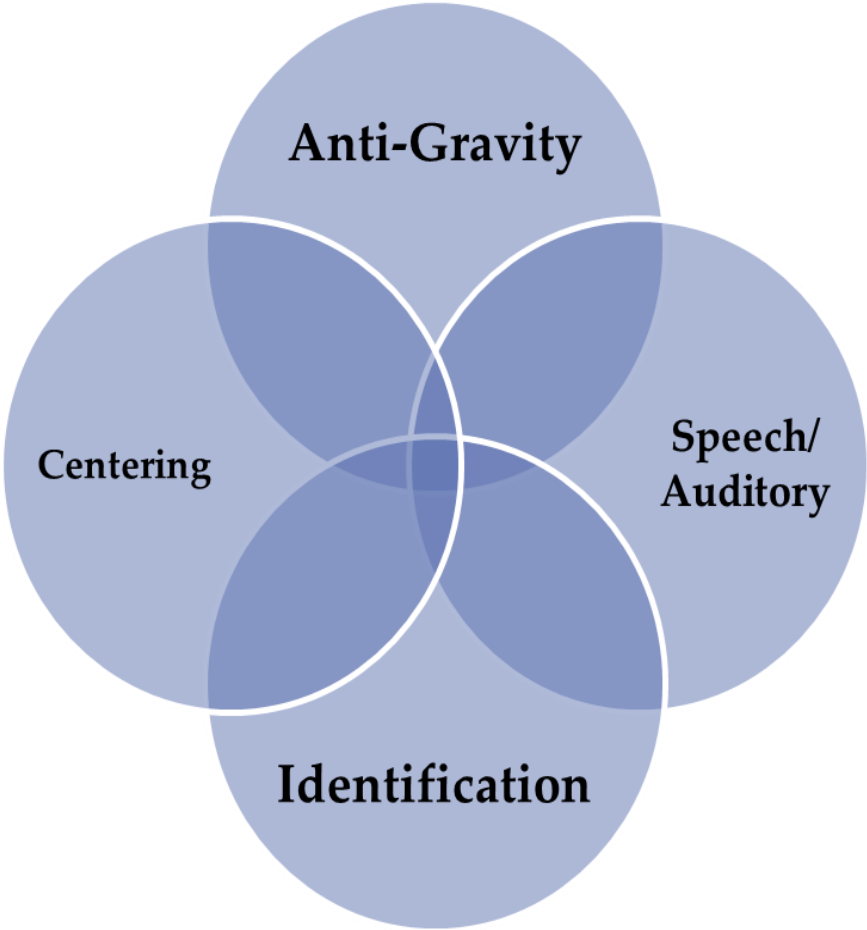
LEARNING OBJECTIVES

- To identify the Key Components of Multi-modality Vision Therapy
- To incorporate Vestibular and Motor Strategies in Vision Therapy
- To incorporate Auditory Strategies in Vision Therapy
- To incorporate Cognitive Strategies in Vision Therapy
- To maximize success in Vision Therapy by understanding Personality

LEARNING OUTCOME

- How you will incorporate all you learned from this course to your
Vision Therapy patients starting next week?

Skeffington's Four Circles



COMPONENTS OF MULTI-MODALITY VISION THERAPY

Vestibular

Motor

Auditory

Cognitive

**Neuro-Optometric
(e.g. Syntonics, Yoked Prisms)**

BASIC VISUAL SKILLS

Gross Visual Motor

Oculomotor

(Pursuit/Saccades/Fixations)

Accommodative

Binocular

Visual Perceptual

- ❖ Visual Spatial
- ❖ Visual Analysis
- ❖ Visual Motor

KEY COMPONENTS OF VISION THERAPY

Head & body Posture

Awareness

Ability & Accuracy

Rhythm & Speed

Automaticity

HIERACHY OF ANTI-GRAVITY

(Most Anti-Gravity needed)

WALKING

STANDING

SITTING ON THERAPY BALL

SITTING ON STOOL

SITTING ON CHAIR

SITTING ON FLOOR (AGAINST WALL)

SUPINE

(Least Anti-Gravity needed)

One of Our Favorite Vision Therapy Techniques:

Name of Technique: _____

Description: _____

Visual Skills being trained:

- Gross Visual Motor** _____
- Oculomotor** _____
- Accommodative** _____
- Binocular** _____
- Visual Perceptual**
 - Visual Spatial** _____
 - Visual Analysis** _____
 - Visual Motor** _____

Ways to incorporate various modalities:

- Vestibular** _____

- Motor** _____

- Auditory** _____

- Cognitive** _____

Your Favorite Vision Therapy Technique:

Name of Technique: _____

Description: _____

Visual Skills being trained:

- Gross Visual Motor** _____
- Oculomotor** _____
- Accommodative** _____
- Binocular** _____
- Visual Perceptual**
 - Visual Spatial** _____
 - Visual Analysis** _____
 - Visual Motor** _____

Ways to incorporate various modalities:

- Vestibular** _____

- Motor** _____

- Auditory** _____

- Cognitive** _____

Incorporating Various Modalities in Vision Therapy

❖ Visual-Vestibular Activities

- **Body Rotation**

- 1) Overview of Procedure
- 2) Patient Instruction
- 3) Loading/Unloading using multi-modality strategies

- **Head Rotation**

- 1) Overview of Procedure
- 2) Patient Instruction
- 3) Loading/Unloading using multi-modality strategies

- **Therapy Ball**

- 1) Overview of Procedure
- 2) Patient Instruction
- 3) Loading/Unloading using multi-modality strategies

- **Trampoline**

- 1) Overview of Procedure
- 2) Patient Instruction
- 3) Loading/Unloading using multi-modality strategies

❖ Vision Therapy Techniques involving Various Balance Boards

- **Lowman Beam**

- 1) Overview of Procedure
- 2) Patient Instruction
- 3) Loading/Unloading using multi-modality strategies

- **Balance Beam**

- 1) Overview of Procedure
- 2) Patient Instruction
- 3) Loading/Unloading using multi-modality strategies

- **VTE Balance Board**

- 1) Overview of Procedure
- 2) Patient Instruction
- 3) Loading/Unloading using multi-modality strategies

- **Airex™ Balance Board**

- 1) Overview of Procedure
- 2) Patient Instruction
- 3) Loading/Unloading using multi-modality strategies

- **Belgau Board**

- 1) Overview of Procedure
- 2) Patient Instruction
- 3) Loading/Unloading using multi-modality strategies

- **Billy Board**

- 1) Overview of Procedure
- 2) Patient Instruction
- 3) Loading/Unloading using multi-modality strategies

- **Other Balance Boards**

- 1) Overview of Procedure
- 2) Patient Instruction
- 3) Loading/Unloading using multi-modality strategies

Your New Favorite Vision Therapy Technique:

Name of Technique: _____

Description: _____

Visual Skills being trained:

- Gross Visual Motor** _____
- Oculomotor** _____
- Accommodative** _____
- Binocular** _____
- Visual Perceptual**
 - Visual Spatial** _____
 - Visual Analysis** _____
 - Visual Motor** _____

Ways to incorporate various modalities:

- Vestibular** _____

- Motor** _____

- Auditory** _____

- Cognitive** _____

Maximizing VT Success through Understanding Personality

❖ Understanding your own Personality

1. Playful
2. Powerful
3. Perfect
4. Peaceful

❖ Understanding your patient's Personality

1. Playful
2. Powerful
3. Perfect
4. Peaceful

❖ Understanding the parent's Personality

1. Playful
2. Powerful
3. Perfect
4. Peaceful

Please circle one or two words in each row that best describes you

Animated	Adventurous	Analytical	Adaptable
Playful	Persuasive	Persistent	Peaceful
Sociable	Strong-willed	Self-sacrificing	Submissive
Convincing	Competitive	Considerate	Controlled
Refreshing	Resourceful	Respectful	Reserved
Spirited	Self-reliant	Sensitive	Satisfied
Promoter	Positive	Planner	Patient
Spontaneous	Sure	Scheduled	Shy
Optimistic	Outspoken	Orderly	Obliging
Funny	Forceful	Faithful	Friendly
Delightful	Daring	Detailed	Diplomatic
Cheerful	Confident	Cultured	Consistent
Inspiring	Independent	Idealistic	Inoffensive
Demonstrative	Decisive	Deep	Dry humor
Mixes easily	Mover	Musical	Mediator
Talker	Tenacious	Thoughtful	Tolerant
Lively	Leader	Loyal	Listener
Cute	Chief	Chart maker	Contented
Popular	Productive	Perfectionist	Pleasant
Bouncy	Bold	Behaved	Balanced

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Reference: *Personality Plus at Work* by Florence Littauer
(Available from www.amazon.com)