

# INDEX OF VISION THERAPY PROCEDURES

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## Abstract

*The goal of this project was to provide an index of commonly used vision therapy (VT) procedures and sources that describe how to perform them. The authors made a preliminary list of textbooks and manuals that were available to them. They further sought recommendations from a LISTSERV for optometric VT practitioners and from a LISTSERV for optometric VT educators. This resulted in eight textbooks and four manuals. The authors then made a list of VT procedures that were used at their institution and indexed them according to the publications that were chosen. An alphabetical listing of these procedures with the pages where they are found in these publications is provided.*

## Key Words

*vision therapy manuals, vision therapy procedures, vision therapy textbooks*

**T**he specifics of how to perform various vision therapy (VT) procedures is a common topic for students to raise with optometric educators and for those optometrists who train vision therapists. It can also be of interest for optometrists who are starting to provide VT in their practices. Unless instructions for these procedures are available in written form, explaining them can be time intensive and imprecise. Such information is available in VT text books and manuals. The goal of this article is to provide a more concise listing of sources of information on commonly used procedures than is presently available.

This article contains an index of those procedures. The first step in compiling this index was to identify commonly used textbooks and manuals containing instructions to conduct these procedures. The authors made a preliminary list of such publications. Suggestions for additional publications were then received by e-mail responses to an inquiry we placed on a listserve for VT practitioners (VTOD-L@LISTSERV.SCO.EDU) and a listserve for binocular vision educators (BVPE-L@LISTSERV.SCO.EDU). We expanded the preliminary list of publications so identified to those that were in the holdings of the Indiana University Optometry Library or the statewide Indiana University library system. This resulted in eight textbooks and four manuals. All the texts can currently be purchased. Two of the manuals are now out of print. However, it was evident that even these manuals are still available in some optometric offices.

We made a preliminary list of VT procedures that were taught and used at the Indiana University School of Optometry. We then reviewed each of these books and manuals for descriptions of these procedures that provided a basic understanding

or instructions on how to perform them. In the review of these publications we found other procedures we deemed appropriate. All these procedures were listed and indexed according to the pages in the publications where they are found. Thus, the index provides the locations of information on specific procedures; however, it does not provide detailed aspects of the underlying theory, diagnosis and management strategies, nor the programming and sequencing of VT procedures.

The VT procedures are arranged alphabetically in Appendix A. Under each entry there are three letter codes corresponding to one or more of the twelve chosen publications, along with the page numbers where the procedure can be found. Appendix B lists the publication codes, which are based on the authors' or editors' names.

We do not offer this index as an exhaustive listing of VT procedures or the publications where they can be found; rather the index represents what we deem to be relatively common procedures that are described in commonly used VT textbooks and manuals.

*The authors have no financial or other interest in the devices, manuals or textbooks listed herein.*

# Appendix A. VT Procedures

## **Accommodative Distance Rock (see Distance Rock)**

## **Accommodative Facility/Lens Rock**

- |         |            |
|---------|------------|
| 1. BIR  | 338-343    |
| 2. CAL  | 297        |
| 3. DUC  | 401, 408   |
| 4. GET  | 38         |
| 5. GRI  | 537-538    |
| 6. PRE  | 196-197    |
| 7. RCC  | C6-C7      |
| 8. ROS  | 56-57      |
| 9. SCH  | 207-208    |
| 10. SWA | 59-61      |
| 11. VIN | 35-36, 155 |

## **Afterimage Training**

- |        |                  |
|--------|------------------|
| 1. CAL | 298-299, 329-330 |
| 2. GET | 60               |
| 3. PRE | 300-305          |
| 5. RCC | A6               |
| 6. SCH | 218-219          |

## **Amblyoscope**

- |        |                   |
|--------|-------------------|
| 1. CAL | 341-342           |
| 2. GET | 81-82             |
| 3. GRI | 355-356, 374, 407 |
| 4. PRE | 211               |

## **Anaglyphic Maze Games**

- |        |         |
|--------|---------|
| 1. DUC | 399-400 |
|--------|---------|

## **Anaglyph Training (see Tranaglyph)**

## **Angels in the Snow**

- |        |         |
|--------|---------|
| 1. DUC | 419-420 |
| 2. GET | 27-28   |
| 3. PRE | 205-206 |

## **Ann Arbor Tracking (see Visual Tracking)**

## **AN Star Picture Pointing**

- |        |          |
|--------|----------|
| 1. DUC | 404, 414 |
|--------|----------|

## **Aperture Rule**

- |        |                  |
|--------|------------------|
| 1. BIR | 364, 366         |
| 2. CAL | 299-302          |
| 3. GET | 56-57, 78-79     |
| 4. GRI | 492-494, 512-514 |
| 5. PRE | 238              |
| 6. RCC | E16-E17          |
| 7. ROS | 7-12             |
| 8. SCH | 164-169          |

## **Arrow Orientation Training**

- |        |     |
|--------|-----|
| 1. PRE | 268 |
| 2. RCC | B19 |
| 3. ROU | 631 |

## **Bagolini Lenses**

- |        |         |
|--------|---------|
| 1. GRI | 339-340 |
|--------|---------|

## **Ball Bunting**

- |        |              |
|--------|--------------|
| 1. DUC | 404, 414-415 |
|--------|--------------|

## **Ball on String (see Marsden Ball)**

## **Bar Reader**

- |        |         |
|--------|---------|
| 1. CAL | 302-303 |
| 2. GET | 66      |
| 3. GRI | 523-525 |
| 4. PRE | 230     |
| 5. RCC | D25     |
| 6. ROS | 68      |
| 7. SCH | 189-190 |

## **Ball Rolling**

- |        |     |
|--------|-----|
| 1. DUC | 416 |
|--------|-----|

## **Barrel Card**

- |        |         |
|--------|---------|
| 1. CAL | 342-343 |
| 2. GRI | 511-512 |
| 3. SCH | 188-189 |

## **Base-Out Plus & Base-In Minus Flippers**

- |        |     |
|--------|-----|
| 1. BIR | 359 |
| 2. PRE | 233 |

## **BDPQ (Letter) Sorting**

- |        |         |
|--------|---------|
| 1. ROU | 632     |
| 2. SWA | 149-152 |

## **Bead Stringing**

- |        |               |
|--------|---------------|
| 1. DUC | 395, 400, 413 |
| 2. ROU | 617           |

## **Bean Bag Toss**

- |        |          |
|--------|----------|
| 1. DUC | 406, 415 |
|--------|----------|

## **Bernell-O-Scope (see Brewster Stereoscope)**

## **Binocular Plus & Minus Lenses (see Accommodative Facility)**

## **Brewster Stereoscope**

- |        |                             |
|--------|-----------------------------|
| 1. BIR | 364-367                     |
| 2. CAL | 306-310                     |
| 3. DUC | 402, 411                    |
| 4. GET | 81                          |
| 5. GRI | 499-500                     |
| 6. RCC | B12-B13, E5-E12,<br>E19-E20 |
| 7. ROS | 21-26, 35-38                |
| 8. SCH | 175-182                     |

## **Brock Posture Board**

- |        |     |
|--------|-----|
| 1. CAL | 321 |
|--------|-----|

## **Brock String**

- |        |                  |
|--------|------------------|
| 1. BIR | 361-363          |
| 2. CAL | 303-306          |
| 3. DUC | 409-410          |
| 4. GET | 67-69            |
| 5. GRI | 498-499, 509-511 |
| 6. PRE | 213-214, 226-227 |

- |        |                  |
|--------|------------------|
| 7. RCC | A18, D23         |
| 8. ROS | 51-52            |
| 9. SCH | 184-187, 653-654 |

## **Bubble Games**

- |        |              |
|--------|--------------|
| 1. DUC | 406, 418-419 |
|--------|--------------|

## **Calendar-Book Rock (see Distance Rock)**

## **Chalkboard Circles (see Harmon Circles)**

## **Chalkboard Saccades**

- |        |         |
|--------|---------|
| 1. BIR | 330-332 |
| 2. GET | 28-29   |
| 3. PRE | 258     |
| 4. RCC | B10-B11 |

## **Cheiroscope**

- |        |         |
|--------|---------|
| 1. CAL | 312-315 |
| 2. GET | 48      |
| 3. RCC | D26     |
| 4. ROS | 65-67   |
| 5. SCH | 180-182 |

## **Chiastopic/Orthopic Fusion**

- |        |                                       |
|--------|---------------------------------------|
| 1. BIR | 365                                   |
| 2. CAL | 315-319                               |
| 3. GET | 70-72                                 |
| 4. GRI | 389-390, 414-416,<br>494-496, 519-522 |
| 5. PRE | 238-240                               |
| 6. RCC | E18                                   |
| 7. ROS | 13-18, 45-48                          |
| 8. SCH | 170-175, 648-651,<br>654-655          |

## **Coloring in Letters**

- |        |     |
|--------|-----|
| 1. DUC | 395 |
| 2. GRI | 457 |

## **Computer Training**

- |        |                          |
|--------|--------------------------|
| 1. BIR | 361                      |
| 2. GRI | 390-391, 418-419,<br>470 |
| 3. PRE | 229-230, 235             |
| 4. ROU | 591-602                  |
| 5. SCH | 159-163                  |

## **Copy Forms**

- |        |       |
|--------|-------|
| 1. VIN | 23-24 |
|--------|-------|

## **Cüppers' Pleoptic Method**

- |        |         |
|--------|---------|
| 1. CAL | 325-326 |
|--------|---------|

## **Diplopia-Recoveries**

- |        |          |
|--------|----------|
| 1. DUC | 403, 411 |
|--------|----------|

## **Directional Maze**

- |        |                  |
|--------|------------------|
| 1. DUC | 395, 413         |
| 2. ROU | 610-612, 632-633 |

## **Direct Tracing Saccades**

- |        |    |
|--------|----|
| 1. RCC | B4 |
|--------|----|

**Distance Rock**

1. BIR 337-338
2. CAL 296-297
3. DUC 407
4. GET 37-38
5. GRI 533-537
6. PRE 196
7. RCC C1-C2
8. SCH 209-210
9. SWA 27

**Dot-to-Dot Figures**

1. DUC 395
2. GRI 457
3. ROU 614-615

**Double Maddox Torsion Training**

1. GRI 434

**Double String Fixations**

1. SWA 121

**Eccentric Circles (see Chiasmotic/Orthopic Fusion)****Face of Clock Fixations**

1. SWA 17

**Fast Pointing**

1. CAL 326-327

**Flashlight Tag/Tracking**

1. BIR 319-320
2. DUC 394-395, 410, 417
3. GRI 532-533
4. SCH 217

**Flip Prisms (see Prism Flippers)****Floor Map**

1. ROU 620-621

**Follow the Path**

1. DUC 396

**Free Space Fusion Cards (see Chiasmotic/Orthopic Fusion)****Geoboard and Pegboard**

1. PRE 273
2. ROS 73-80
3. ROU 622-624
4. VIN 141-143, 198

**Groffman Visual Tracing**

1. BIR 321
2. DUC 413
3. GET 35
4. GRI 294, 296
5. PRE 198
6. RCC B21, D35
7. ROU 648-649
8. SCH 214-215, 658
9. VIN 26-28

**Haidinger Brush (see Afterimage Training)****Haptic Writing**

1. VIN 91-92

**Harmon Circles**

1. GET 28-29
2. PRE 206, 257
3. SWA 87

**Hart Chart Accommodative Testing (see Distance Rock)****Hart Chart Push-Ups (see Near Point Push-Ups)****Hidden Pictures**

1. DUC 395

**Hundreds Chart**

1. DUC 400

**Jensen Rock**

1. SWA 73

**Keystone Telebinocular Stereoscope (see Brewster Stereoscope)****Kirshner Arrows (see Arrow Orientation Training)****Kraskin Squinchel technique**

1. PRE 210

**Lens Flippers/Rock (see Accommodative Facility)****Lens Sorting, Monocular**

1. PRE 197
2. SCH 202-204

**Letter & Symbol Tracking**

1. BIR 333-334
2. SCH 213-214, 657
3. SWA 165

**Lifesaver Cards (see Chiasmotic/Orthopic Fusion)****Lite Brite**

1. DUC 396-398, 412-413
2. GRI 457
3. ROU 618

**Lollipop Prisms (see Diplopia-Recoveries)****Loose Lenses**

1. CAL 297-298
2. SWA 15, 41-42

**Loose Prisms**

1. CAL 339-340
2. GET 77
3. GRI 457
4. RCC D14, E22
5. SCH 163-164, 211-212

**Luster**

1. CAL 311
2. GRI 336-337

**Magnet Maze**

1. DUC 418
2. SWA 93-95

**Marsden Ball**

1. BIR 320
2. DUC 419-420
3. GET 33, 36
4. GRI 295-296, 531-532
5. PRE 197, 206-207, 260
6. SWA 39, 71

**Maze Tracing (see Directional Maze)****Michigan Tracking (see Visual Tracking)****Minivectogram**

1. GRI 463
2. ROS 27-28, 49-50

**Minitranaglyph**

1. GRI 463
2. ROS 29-30

**Mirror Stereoscope**

1. BIR 364, 408
2. CAL 331-333
3. GRI 490-491
4. RCC D30, E13-E15
5. ROS 63-64
6. SCH 182-183

**Mirror Superimposition**

1. BIR 348-349
2. CAL 333-334
3. GET 47
4. GRI 357
5. PRE 212-213
6. RCC D16-D17
7. SCH 195-196

**MKM Reading**

1. VIN 29-31

**Monocular fixation in a Binocular Field**

1. BIR 348
2. DUC 398-399
3. PRE 200, 209
4. RCC D7

**Monocular Lens Sorting (see Lens Sorting, Monocular)****Near-Far Rock/Training (see Distance Rock)****Near Point Push-Ups**

1. CAL 336-337
2. GRI 497-498, 507-509
3. PRE 196
4. RCC C3-C4

**Nonvariable-Disparity Tranaglyph (see Tranaglyph, Nonvariable-Disparity)****Orthopic/Chiasmotic Fusion (see Chiasmotic/Orthopic Fusion)**

## Optomatter Cards

1. DUC 403

## Parquetry Blocks

1. PRE 257-258, 260
2. ROU 633-636
3. SWA 111
4. VIN 145-147, 201-202

## *Pegboard (see Geoboard and Pegboard)*

## *Pencil Push-Ups (see Near Point Push-Ups)*

## Penlight Pursuits

1. GRI 463

## Pennies Game/Sorting

1. DUC 396

## Peripheral Fusion Rings

1. GRI 500-502

## *Physiological Diplopia (see Brock String)*

## Pie Pan Rotations

1. DUC 395, 419
2. GRI 463
3. RCC A3-A5
4. SWA 31

## Piercing a Ring/Straw

1. DUC 395, 408
2. GET 31-32
3. GRI 457
4. PRE 193-195
5. RCC D6
6. ROU 619
7. SWA 45, 79

## Pierce Light

1. PRE 210

## Ping Pong Pool

1. DUC 405, 418

## Planoscope

1. SWA 123

## Plateau Spiral

1. BIR 368-370

## *Pola-Mirror (see Vis-à-vis Technique)*

## Primary Meridian Fixation

1. RCC B1

## Prism Diplopia Awareness

1. CAL 324-325

## Prism Flippers/Rock

1. CAL 341
2. GRI 386
3. PRE 194-196
4. RCC C8, E23
5. SCH 163-164
6. VIN 41, 156

## Prism Readers

1. RCC B16

## Prism Rotator

1. GET 48, 52
2. RCC D9

## Pursuit Reading

1. SWA 135

## Pursuit Training

1. DUC 407
2. VIN 151-152

## Randolf Shuffle

1. ROU 636-639

## Reading Bars (see Bar Reader)

## Reading Through Blur

1. ROU 621-622
2. SWA 91

## Red-Green-Black Bear Games

1. DUC 401

## *Red-Green Simultaneous Perception (see TV Trainer or Bar Reader)*

## Red Reading

1. CAL 321

## Red-Red Rock

1. PRE 200
2. SCH 199-202

## Remy Separator

1. GRI 496-497
2. SCH 169-170

## Robbins Rock

1. PRE 227

## Rotating Pegboard

1. GRI 463
2. SCH 215-217

## Russell Ring Fixations

1. PRE 257

## Rutgers Drawing

1. VIN 15-22

## *Saccades Direct Tracing (see Direct Tracing Saccades)*

## Saccadic Training in Space

1. GET 37
2. RCC B2

## *Squinchel (see Kraskin Squinchel technique)*

## Septum Therapy (see Aperture Rule)

## Sequential Beads

1. ROU 640

## Sequential Fixator

1. GRI 529-531

## Sherman Playing Cards

1. DUC 410
2. PRE 199

## *Snow Angels (see Angels in the Snow)*

## Sparkle Lights

1. DUC 412

## Spearing Raisins

1. DUC 395

## Split-Pupil Rock

1. CAL 298

## Standing Rotator

1. GRI 531

## Step Vergence Training

1. BIR 351

## *Stereoscope, Brewster (see Brewster Stereoscope)*

## *Stereoscope, Mirror (see Mirror Stereoscope)*

## *Straw In Stick (see Piercing a Ring/Straw)*

## String and Dowel

1. SWA 137

## *String Fixations (see Brock String)*

## *Stringing Cheerios/Buttons/Beads (see Bead Stringing)*

## *Swinging Ball (see Marsden Ball)*

## *Swivel Prisms (see Diplopia-Recoveries)*

## *Synoptophore (see Amblyoscope)*

## Tachistoscope

1. GRI 300
2. ROU 644-645

## Three Card Monty

1. DUC 415

## *Three Dot Card (see Barrel Card)*

## *Toothpick and Hole (see Piercing a Ring/Straw)*

## Tranaglyph, Nonvariable-Disparity

1. CAL 343-345
2. RCC D33
3. ROS 33-34, 58-59
4. SCH 158-159

## Tranaglyph, Variable-Disparity

1. CAL 343-345
2. GRI 491-492, 514-519
3. PRE 237-238
4. ROS 42-44
5. SCH 147-156, 651-652

## Translid Binocular Interaction Trainer

1. BIR 347-348
2. GET 42-44, 55-56
3. GRI 354-355
4. RCC D5

## TV Trainer

1. BIR 348
2. CAL 345-346
3. DUC 401
4. GRI 502-503, 522-523
5. PRE 199-200, 210
6. RCC D8, D18
7. ROS 62
8. SCH 190-192, 647-648

## Tweezers and Rice

1. DUC 395

## Van Order Star

1. BIR 250
2. GET 79-80
3. PRE 238
4. RCC E3-E4

## Variable-Disparity Tranaglyph (see *Tranaglyph, Variable-Disparity*)

## Vectogram, Variable-Disparity

1. BIR 354-360
2. CAL 346-351
3. DUC 402-403
4. GET 48-49
5. GRI 491-492, 514-519
6. PRE 232
7. RCC B14, E21
8. ROS 39-41
9. SCH 146-157

## Vertical Prism Dissociation

1. PRE 200
2. SCH 193-195

## Vis-à-vis Technique

1. CAL 337-339
2. GRI 362, 418
3. PRE 211

## Visual Tracing (see *Groffman Visual Tracing*)

## Visual Tracking

1. DUC 395
2. GET 33-34, 66
3. GRI 529
4. RCC B22
5. ROU 604

## Voluntary Convergence

1. CAL 330-331
2. GRI 506-507

## Wayne Saccadic Fixator

1. BIR 329-330
2. DUC 417
3. GRI 294-295
4. PRE 200, 227, 259

## Wheatstone Stereoscope (see *Mirror Stereoscope*)

## Word Fixation

1. SWA 85

## Appendix B. Sources

BIR = Birnbaum MH. *Optometric Management of Nearpoint Vision Disorders*. Boston: Butterworth-Heinemann, 1993.

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