

# Home Therapy Folder

*This folder belongs to:*

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## Videos of Vision Therapy Activities



Can't quite remember  
how to do your assigned  
activities? Want to get  
step by step instructions  
with a video?

Scan the QR code or go to the website and find  
the name of your assigned activity.

[emergentvt.com/activity](https://emergentvt.com/activity)

# Goal Ideas for Vision Therapy

I want \_\_\_\_\_ to improve in:

- |   |  |
|---|--|
| <input type="checkbox"/> Improved reading speed         | <input type="checkbox"/> Better at sports                            |
| <input type="checkbox"/> Improved reading comprehension | <input type="checkbox"/> Less tripping, falling, bumping into things |
| <input type="checkbox"/> Not losing place while reading | <input type="checkbox"/> Less frustrated                             |
| <input type="checkbox"/> Complete homework faster       | <input type="checkbox"/> Get in less trouble at school               |
| <input type="checkbox"/> Enjoy reading                  | <input type="checkbox"/> Fewer headaches                             |
| <input type="checkbox"/> Less tired with school work    | <input type="checkbox"/> Stop falling asleep while reading           |
| <input type="checkbox"/> Improved handwriting           | <input type="checkbox"/> Stop seeing double                          |
| <input type="checkbox"/> Less special help in school    | <input type="checkbox"/> Less car sickness                           |
| <input type="checkbox"/> More relaxed, happier          | <input type="checkbox"/> Less eye strain                             |
| <input type="checkbox"/> Higher self esteem             | <input type="checkbox"/> Better alignment of eyes                    |

I am most concerned about: \_\_\_\_\_

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## My Top 3 Vision Therapy Goals:

1)

2)

3)

Sample

5

# Don't "Stress Out" your Visual System

The following are a few simple ways that can significantly improve your performance in school and work by reducing visual stress:

## 1) The "Elbow Distance" Rule

One of the best ways to reduce stress on your eyes is to make sure your eyes are not too close to what you are looking at. Your eyes should never be closer than the distance from your elbow to your knuckle from the page or computer screen. This can be measured by placing your knuckles right below your eye (looks like you are punching yourself in the face) and then making sure nothing is closer than your elbow. This is also known as the Harmon distance after Dr. Harmon who developed it.

## 2) Lights Up!

Make sure there is adequate lighting where you are working. The lighting for your work area should be 3 times that of the surrounding light with no shadows or glare

## 3) Tilt the Balance Toward your Eyes

When something lays flat on the table it is actually titled away from your eyes. Use your Tilt board or in another way rotate the back of your work surface 20 to 25 degrees toward you. This will not only reduce your visual stress but also the stress on your shoulders and neck.

#### **4) Straight as an Arrow**

Make sure your work material is directly in front of you and not off to the side

#### **5) Don't Slouch!**

Poor posture can be a sign of visual or physical stress. Make sure that seats are high enough, chairs have good back support, and that both feet have something to rest on.

#### **6) Raise Your Glasses**

Many times glasses are prescribed to reduce the amount of stress on the eyes. These often are called performance lenses, because they don't necessarily make vision clearer, but instead reduce the stress on the eyes. Make sure you are wearing your glasses!

#### **7) 20-20-20 Rule**

Every 20 minutes, look 20 feet in the distance for at least 20 seconds. For some this may not be enough to reduce the stress on the eyes. For some it may be every few minutes that they need to take a "visual break." No matter how often, make sure you are tuning into how your eyes feel and if they feel tense, give them a break.

## **8) Get Outside**

Very few things encourage good visual development and visual abilities more than getting out in the great outdoor and exploring our 3 dimensional world. So, put the screen away and head outdoors. Your eyes will thank you.

## **9) Screen Time**

We live in an increasingly digital world. However, our eyes were not set up to be on a screen for hours at a time. If possible, limit screen time to no more than 1 hour. No more than 30 minutes for tablet use and no more than 20 minutes on a phone or similar sized screen. If you have to be on a screen longer, make sure you adhere to the 20-20-20 rule.

# Home Therapy Reports

## What to record on the home therapy report:

Your therapist will list the activities to be done for a given week. Besides the day you come in for the in-office session, you should devote four additional days to home therapy. Write in the total time you spent on each activity. Add up the times at the bottom, and the total should match the time per day goal.

The following are important types of observations that should be recorded:

- Any differences in performance between left or right eye (when wearing patch).
- Note the time of day (AM, PM) of home therapy session only if you notice differences in performance between them.
- Difficulty level: Did you find it very hard, too easy, etc.?
- Stress symptoms: Headaches, excessive blinking, rubbing eyes, tears in eyes, body tenseness, etc.



# Example Page:

## *Home Therapy Report*

Date: \_\_\_\_\_

Visit #: \_\_\_\_\_

Time per day goal: 20

Activities	Days				
	1	2	3	4	
<i>Hart Chart</i>	5	4	5	4	
<i>Brock String</i>	6	4	5	5	
<i>Patched Flipper Reading</i>	5	7	6	6	
<i>Marsden Ball</i>	4	5	5	5	
<b>Total Therapy Time:</b>		20	20	21	20
<b>Total Screen Time:</b>		0	30	45	30

Additional Observations: *I really noticed my child had a lot more difficulty when we did these activities at night.*

# Home Therapy Report

Date: \_\_\_\_\_ Visit #: \_\_\_\_\_ Time per day goal: \_\_\_\_\_

Activities	Days			
	1	2	3	4
<i>Sample</i>				
	<b>Total Therapy Time:</b>			
	<b>Total Screen Time:</b>			

Additional Observations: \_\_\_\_\_

Notes/Observations:

Sample

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Page 12 and 13 are repeated for 48 daily entries

Sample

 emergent  
vision redefined  
[www.emergentTV.com](http://www.emergentTV.com)