



THE DEVELOPMENTAL VISION CENTER

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Sequential Tracking

Purpose: To help the patient learn to make accurate eye movements, one after another in rhythmic sequence.

Materials: Sequence fixator (provided), metronome or clicker, pointer

Technique:

1. Hold the sequence fixator at the patient's reading distance. It may be supported by a book stand or taped to a window for back illumination.
2. Look at the first target in the upper left corner. Be aware of as much of the surrounding field of view as possible.
3. Move your eyes from one target to the next along the top line. A pointer may be used initially for feedback. When you have reached the last target on the right, make the long sweep back to the first target on the left.
4. Repeat the sequence five times, rest for half a minute, then repeat.

Aspects to be emphasized:

1. Strive for both speed and accuracy, but of the two, accuracy is the most important.
2. Eliminate any regressions (looking back at targets already passed over).
3. Maintain a rhythmic shift from target to target. Rhythm is more important than speed. Begin with the metronome set at a slower speed to master control of the eye movements.
4. Be sure you see each target clearly, and remember to be aware of as much as possible in your side vision. When you look at one target, are you aware of the next target?
5. Strive to make each eye movement accurate, speedy, and direct.

Note: This activity is a part of an optometric vision therapy program and is expected to be performed by the patient as instructed by their vision therapist.

