

## SHERMAN NUMBERS

**Purpose:** Develop the ability to search, accurately fixate and touch a specific target.  
Develop the ability to control the eyes and maintain steady fixation.  
Develop the ability to process peripheral visual information.

**Equipment:** Number Card with numbers from 1 to 20.

**Method:**

1. Place the card at the patient's reading distance (elbow to knuckle).
2. Cover one eye, find and touch each number in order.
3. Cover the other eye and repeat.
4. Cover one eye, keep looking at the central dot.
5. Using peripheral vision, locate and touch each number, then glance at the numbers to check for accuracy.
6. Refixate on the central dot before locating the next number in order with peripheral vision.
7. Cover the other eye and repeat.

**Emphasis:**

- Maintaining steady fixation and relaxed looking at the numbers.
- Develop equal ability between the two eyes before continuing to #7.

**Variation:**

- Give simple addition or subtraction problems and have the patient touch each number in the problem and the answer (touch  $2 + 3 = 5$ )
- Locate and touch all the even then odd numbers in sequence.
- Ask, "Can you tell me the pattern of the number order?" Use this instruction, "Place the numbers in order, working from top to bottom, one number per row, in any column."

**Time:**

Practice this activity for 2 minutes each session.

**Record:**

The patient's reaction to lenses/prisms, their ability to maintain fixation and to find the next number using peripheral vision. Also, their ability to self-monitor performance and to apply their insights to real life situations.

1	5	17	13	9
14	2	10	6	18
11	7	15	19	3
16	20	4	12	8