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Angels in the Snow 1

Purpose:

1. To develop and enhance thorough awareness of body parts (where they are, what they do and the relationship of one to another) and where they exist in space.
2. To develop the ability to visualize or see in the mind's eye, where the body parts are in relation to each other and surrounding objects.

Set Up:

Patient is to lie on the floor on their back, arms at sides, feet together and looking up at the ceiling.

Method:

1. Therapist asks patient to move a limb that is touched. For example, the therapist touches the right leg and asks patient to 'move this one'. Do not specify 'right' or 'left' leg or arm. Patient is to slide arm or leg along the floor with the elbows or knees straight and stiff while maintaining fixation at one spot on the ceiling.
2. Patient is to slide both arms along the floor, with elbows straight and stiff, until hands touch each other above head. Arms are to be kept straight but relaxed. After hands touch above the head, the patient is to slide both arms back to the sides. Patient must maintain fixation at one spot on the ceiling.
3. Patient is to repeat moving the arms up and down in a smooth, controlled manner for 10 cycles.
4. Repeat steps 1 and 2 with therapist calling out 'up' and 'down.' Repeat steps 1 and 2 with therapist calling out 1 for 'up' and 2 for 'down.'
5. Now patient is to keep both hands at their side and move their legs apart as far as they can while keeping their knees straight and stiff. Legs are to be kept straight but relaxed. After the legs are extended as far as possible, the patient is to slide both legs back together until the heels touch. Patient must maintain fixation at one spot on the ceiling.
6. Patient is to repeat moving the legs 'out' and 'close' in a smooth, controlled manner for 10 cycles. Repeat steps 1 and 2 with therapist calling 'out' and 'close.'
7. Next, combine moving both arms and legs at the same time.

Emphasis:

1. Center attention on the arms and legs as they are being moved to develop greater awareness of:
 - a. Their location and what they feel like
 - b. Their direction of movement and how they feel when they move
 - c. How their movement affects other body parts
 - d. The sensation of your arms and legs sliding over the floor.
2. Keep the non-emphasized limbs quiet. If necessary, restrict by holding the limbs not being moved, while maintaining smooth, controlled fluid movement.
3. Movement of arms or legs are in unison so the hands come together directly over the head, or the legs reach the 'out' position at the same time and both the arms and legs return to the starting position simultaneously.