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## **The Randolph Shuffle**

**Purpose:** To develop and enrich the ability to coordinate and self-monitor the movements of the body.

**Materials:** metronome or clicker

### **Procedure:**

#### **A. Regular Shuffle**

1. The patient stands in a relaxed, balanced posture. The body is straight, but not stiff, legs slightly apart, arms at sides and weight evenly distributed between the sides of the body.
2. The assistant instructs the patient in the following movement patterns of arms and legs. The goal is crisp, precise, fluid movement. \*Note: because of the nature of this activity, both legs cannot be moved at the same time.
  - a. Arms start at sides, and then raise them to shoulder level, hands pointing straight ahead. The command "Front" is vocalized.
  - b. Arms move so that they are extended from the shoulders out to the sides of the body. The command "Side" is vocalized.
  - c. The arms return to position (a) hands pointing straight ahead. "Front" is vocalized.
  - d. Arms return to the sides. The command "Down" is vocalized.
3. The patient practices and attempts to master the following 11 steps. The goals of performance are good, fluid form with ease and rhythm. Eventually, if able, the patient will attempt to learn the entire sequence in order. It is crucial that the verbal commands, as described above, are incorporated. As proficiency is achieved, the metronome is introduced.

#### **Regular Shuffle**

1. Right arm: front-side-front-down
2. Left arm: front-side-front-down
3. Right foot: front-side-front-down
4. Left foot: front-side-front-down
5. Both arms: front-side-front-down

6. Right hand, right foot: front-side-front-down
7. Left hand, left foot: front-side-front-down
8. Right hand, left foot: front-side-front-down
9. Left hand, right foot: front-side-front-down
10. Both hands, right foot: front-side-front-down
11. Both hands, left foot: front-side-front-down

## B. Eyes Closed Shuffle

When the patient has mastered the Randolph Shuffle with good form, try practicing the exercises with the eyes closed. At this level the emphasis is the ability to feel and monitor the position of the body parts. The goal is for the movements to become as crisp and precise as in the Regular Shuffle even though there is no visual feedback.

## C. Drop Out Shuffle

1. The patient is given one of the 11 patterns described above. He is to continue repeating that pattern until a new command is given.
2. At random the therapist will change the pattern, asking the patient to drop out or add an arm, leg, etc.
3. Without stopping or breaking the rhythm, have the patient attempt to incorporate the required change at the beginning of the next "front-side-front-down" sequence. The goal is to make the change smoothly and efficiently without interruption of performance.
4. When ability improves the patient may be given 2 commands to execute simultaneously. For example: "Drop out right arm and add left leg".