

Peripheral Star

Purpose: To increase peripheral awareness and thereby improve saccadic function.

Materials: Peripheral Awareness Star Handout.

Procedure:

1. Have the patient position the star approximately 16" away from the eyes, so the therapist sitting across from the patient is able to view the numbers through the paper.
2. Begin by asking the patient to look at number 1 while maintaining fixation on number one; ask the patient to locate number two using their peripheral vision .
3. After number two is located peripherally; then the patient may change fixation from number one to number two.
4. Therapist is noting accuracy of locating peripherally without moving eyes from fixation point and then when correct number is found note patients ability to move the eyes quickly and smoothly to that point.
5. Continue in order 1-12 initially; then backwards, then begin calling numbers out randomly.

Goals:

1. To accurately locate the appropriate number peripherally, and then to smoothly and quickly change fixation to that number without superfluous eye movement.
2. To be aware of entire star pattern, as well as room and space around them throughout activity.

