

Visual/Ocular Therapy Exercises

One of the goals with vision therapy is to retrain your eyes to work as a team. Functional impairments from concussion or TBI will often “uncouple” or “unpair” the eyes making usual effortless eye functions such as near/far accommodation dysfunctional. Simple tasks like reading, screen views, and visual motion are poorly tolerated and exacerbate symptoms as a result.

Below are a few classic vision therapy exercises aimed at restoring “pairing” or “coupling” of the eyes as a team. These should be performed 1-2 times daily.

1. Brock string:

<https://www.youtube.com/watch?v=EGlCVTdNqfw>

2. Barrel cards:

<https://www.youtube.com/watch?v=HtzEHSie-90>

3. Free Space Fusion:

<https://www.youtube.com/watch?v=Ui3KTZOdzbo>

<https://www.youtube.com/watch?v=c1o7MqM9v6Q>