

Level One

Eye hand coordination activities
Eye stretches
Awareness of eye alignment
Trial prisms if not previously prescribed
SVI for pursuits, saccades
Peripheral- marsden ball, Bal-A-Vis-X, dynavision
Utilize compression- weighted lei, theraband, cuff weights
Cranial sacral therapy
Parquetry
Vibration
Syntonics
Nutrition/hydration/sleep hygiene

Level Two

Eye hand coordination activities with cognitive/memory/rhythm
Initiate central/peripheral and reaction work
Peripheral with walk/tandem
Bal-A-Vis-X with 2 bean bags/balls and rhythm
Continue compression as needed
Synaptic/neurotracker activities
Cranial/sacral
Compression as needed
Vibration
Syntonics
Functional activities for home, i.e. letter tracking, LORAs card, hart charts, peripheral work, incorporating vision with functional exercise (household chores,etc)