

BROCK STRING EXERCISE

PURPOSE: To develop better coordination between your two eyes when you are looking at objects located at different distances. You will know that you are using both eyes correctly in each exercise when you can look at a small object and see it as one, while noticing that all other small objects in front of and behind it are double.

The string of the Brock String should be thick enough to fit somewhat snug in the holes of the beads. It should not be too tight of a fit so that the beads can easily be moved to different positions on the string.

The string should resemble the figure below. The string on most Brock Strings is white instead of gray.



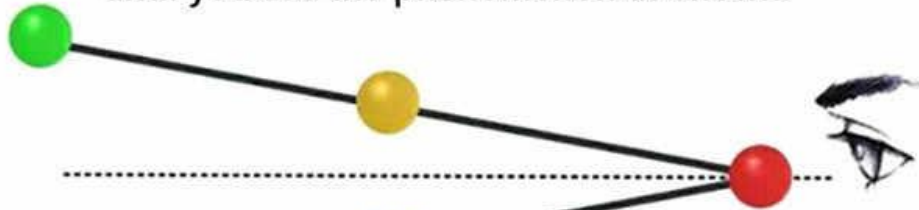
When using a Brock string, one end can be tied to an object (e.g., door handle, back of a chair) that is at eye level to the participant as the participant sits down or stands up. The other end of the Brock string is held by the participant to touch the participant's nose (at about or just below eye level). As the participant holds the Brock string they are to look down the string at a particular bead.

Parents (or assistants) are to watch the participant's eyes to insure that they are working together and are looking at the correct bead. Parents should try the Brock String themselves so they can describe the procedure to the participant. Once the participant knows what to do, they will not need to have an assistant. It still is a good idea for the parent to check the participant's eyes from time to time to insure that the participant is doing the exercise correctly.

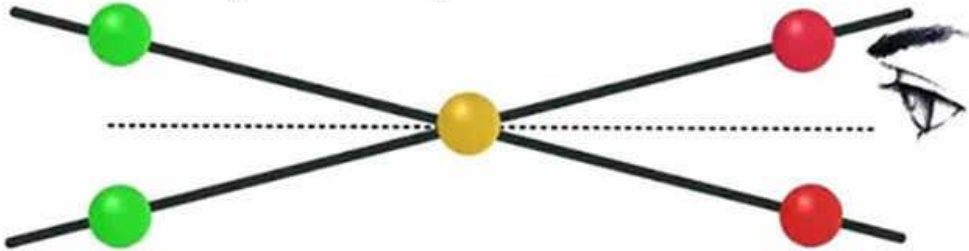
Step:

- 1, Look at the red ball closest to the eye until you see the phenomenon as shown.
- 2, Look at the yellow ball in the middle of the eye until you see the phenomenon as shown.
- 3, Look at the green ball farthest from the eye until you see the phenomenon as shown.

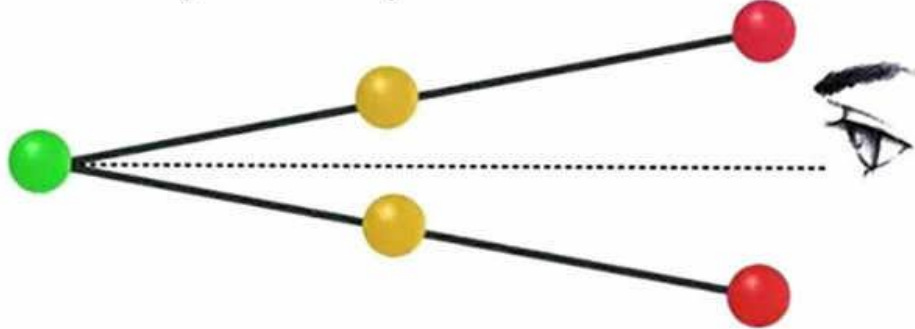
1, Look at the red ball closest to the eye until you see the phenomenon as shown.



2, Look at the yellow ball in the middle of the eye until you see the phenomenon as shown.



3, Look at the green ball farthest from the eye until you see the phenomenon as shown.



Exercise: Brock String Exercise.

Time: about 2 to 5 minutes, sometimes longer during the beginning sessions.

Recommended Frequency: once or twice daily or more for 5 or 6 days a week.

Materials Needed: a Brock String