



VISUAL SYSTEMS®

TRACETHE8s™ Anti-Suppression Training Instructions

This kit is used to help breaking suppression as well as to strengthen an amblyopic eye. At the same time, the training enhances the following:

- VISUAL-MOTOR SKILLS
- VISUAL-PERCEPTION SKILLS
- ATTENTION AND FOCUS
- WORKING MEMORY
- LATERALITY
- OCULOMOTOR SKILLS
- SCANNING SKILLS
- FIGURE GROUND SKILLS
- EYE-HAND COORDINATION
- SEQUENCING SKILLS
- SPEECH
- BRAIN INTEGRATION

Instructions for Use:

To begin, have the patient wear a red filter over the right eye. Use chart **1b** if the right eye is the amblyopic (weaker) eye with the patient using the green marker for tracing. Use chart **1a** if the left eye is the amblyopic eye with the patient using the red marker for tracing.

Using their preferred (or dominate) hand, have the patient start in the middle and trace going clockwise to the right, trace the smaller circle until back to the middle and then counter-clockwise on the left side. Try to stay as close as possible on the lines. Continue on each larger eight. They should notice that some circles will appear darker than others as rivalry will cause this. As suppression decreases, the rivalry should also decrease. You may also trace using the finger of one hand and then the finger of the other hand. This will encourage crossing the midpoint and will bring in proprioception as well as laterality training. Continue tracing until their lines come less and less off the actual lines of the circles. You may have them switch hands or have them use two hands and two markers at the same time. Another technique is to switch and use the opposite chart (so if using 1b, switch to 1a) when the task become easy for them.

Next, do the same exercises using the **1a+** or **1b+**. Now a strong central lock is in place. Have the patient try tracing the outer circles while only watching the central lock. This encourages peripheral viewing and “relaxing” or “softening” the vision. This enhances the parvo/magno interplay. Again start centrally and go clockwise up to the right and the back to the center and up and counter-clockwise to the left circle. You may have them switch hands or have them use two hands and two markers at the same time. Another technique is to have them change direction starting from the center and go clockwise down and to the left circle first. You may switch and use the opposite chart (so if using **1a+**, switch to **1b+**) when the task become easy for them.

Now use chart **2a** and the red marker if the left eye is the amblyopic eye or **2b** and the green marker if the right eye is amblyopic. Again there is a central lock to encourage training peripheral awareness and parvo/magno interaction. Start in the center and trace going in a clockwise fashion right side first. Follow around and then trace the left side counter-clockwise. Again trace each larger figure eight until done. You may have them do this several times and in both directions. Try to stay as close to the lines as possible. Have them watching their hand or watching the central fixation. You may have them switch hands or have them use two hands and two markers at the same time. You may also have them call out the symbols or numbers as they are encountered. Many other games can be played with the symbols or numbers.

Now use chart **2c** and the green marker if the right eye is amblyopic and **2d** and the red marker if it is the left eye. The same concepts are involved with more variation in the shapes of the lines and with visual closure. You may add numbers or letter along the lines to make up new games.

The 3 tier series can be used with the red filter over either eye. These are larger drawings which bring in more peripheral awareness. They also include numbers, symbols and words. Use the cards in order as their difficulty increases. Some of the word letters are seen with each eye. 3c has more complex lines and much more crowding. This makes following the lines much more difficult. It even has spaces for you to add more crowding. 3d is entirely up to you to add targets. Note that it has more crossing over the midline should you have the right eye with the red filter or less crossing if you have the green. This allows you to work to the patients abilities better.

Suggested Variations:

- As the charts contain letters, have the patient say them out loud.
- Use the letters or shapes to develop scanning skills pointing to them as instructed.
- Color shapes or letters as instructed.
- Change the chart position or direction
- Change the patient position (i.e. sitting on a ball, standing, standing on one leg)
- Start from the largest and go to the smallest
- Skip rings
- Use a toy car to run the track
- Add up numbers as they are encountered
- Count the numbers or shapes in a ring
- Draw the left circles first and then the right ones

Care/Maintenance:

Simply use the supplied Dry Erase Markers; wipe off laminate with the supplied eraser. The laminate works just like a white board.

It is recommended to clean the charts right after use, as this helps to prevent shadowing. If residue builds up, clean with regular isopropyl (rubbing) alcohol.