

Our therapy follows a fully integrative approach. Visual, sensory, motor, and cognitive skills are worked on repetitively and progressively to improve and build ability. Some activities can be used for diagnosis as well. **1.** Begin all activities with eyes first. **2.** Follow pathways gently with eyes and head. **3.** Use dominant pointer finger, then pointer on other hand. **4.** Add both hands (where indicated and possible). **5.** Add hands and feet in a steady rhythm in this order: ipsilaterally, then contralaterally. **6.** Activities can be repeated with our special 3D glasses. **7.** Breathe deeply continuously.

Add the following activities when you see these icons:

AI Auditory Integration

Where appropriate, add a metronome or our PuzzleArt music to provide auditory visual integration.

AM Amblyopia

Where appropriate, use red/green glasses.

BC Brain-Click-Connect™ position

Physically “click” both pointer fingers side by side with the top two knuckles firmly connected. Follow a path as indicated. The click physically forms a bridge to connect both sides of the brain. Breathe deeply the entire time.



BI Bilateral Integration [follow a path with two pointer fingers]

Begin with both pointer fingers. Move them along a parallel path together or split them and move in opposite directions in tandem. Concentrate on making the movement smooth and even. Continuously speed up as you “follow” for 1-2 minutes. Breathe deeply the entire time.

Begin each Bilateral Integration workout with the Brain-Click-Connect™ position and move in any or all of the following sequences for following or pointing

- 1) Two fingers begin together and follow in the same direction.
- 2) Two fingers begin together, split slightly and remain parallel as they follow in the same direction.
- 3) Two fingers begin together, then split and move away from each other around half the path until they meet and then reverse, each finger staying on same side of the path. Fingers should stay horizontally level as they move evenly up or down chart. Make movement smooth. Continue to speed up, working fingers in tandem.
- 4) Two fingers begin together, then split and move away from each other around the entire path, criss-crossing at the mid-point, then continuing back to the beginning. Keep both fingers moving evenly and horizontally level.
- 5) Alternate hands during each exercise when following or pointing:
Right-Left-Right fingers point or move on the Right-Left-Right (same/ipsilateral) side of the activity.
OR Right-Left-Right fingers point or move to the Left-Right-Left (opposite/contralateral) side of the activity.
- 6) Advanced work -- keep moving and criss-crossing continuously for a set amount of time at same or increasing speed to increase both accuracy and decrease time to complete the path. Accuracy FIRST, then work on speed.

PP PuzzleArt™ Sensory Protocol [tapping sequence workout]

A) First sit, then **B)** stand as you tap in our PuzzleArt™ sensory integration sequence. Breathe deeply the entire time:

- | | |
|---|--|
| 1) Dominant hand | 4) Non-dominant hand and foot (ipsilateral) |
| 2) Non-dominant hand | 5) Dominant hand and opposing foot (contralateral) |
| 3) Dominant hand and foot (ipsilateral) | 6) Non-dominant hand and opposing foot (contralateral) |

ST Stereopsis

Use our special 3D glasses.



FF PuzzleArt™ One-Two Finger Follow

Use the **PuzzleArt™ One-Two Finger Follow** to move on the path from one end to another. Begin with the dominant pointer finger. As the line becomes thicker, add your middle finger smoothly onto “the follow” (“piggyback” the middle finger onto the pointer finger) and remove your middle finger when the line becomes thin again without pausing. Concentrate. Make the movement smooth. Once both fingers are working well together, speed up and continue for 1-2 minutes. Breathe deeply the entire time. Switch hands and repeat. **For Advanced work:** Two fingers begin together, then split and move away from each other around the entire path, criss-crossing at the mid-point, then continuing back to the beginning. Use the **PuzzleArt™ One-Two Finger Follow** as you follow the path - keep both sets of fingers moving evenly and horizontally level. Repeat at the same or increasing speed to increase both accuracy and decrease time to complete the path. Accuracy FIRST, then work on speed. Start out slowly! Breathe deeply the entire time.