vision training

WHY?

Exercising your vision and vestibular system efficiently can have profound effects on so many things! Let's start by saying it will improve an individual's visual and sensory skills relevant to healthy movement and balance.
Vision training can also help regulate your nervous system to:
reduce pain
balance mental health
sleep and digest better
reduce stress
increase attention and focus
relax tension
prevent injury

WHAT ELSE CAN IT HELP?

Designed to enhance cognitive, visual and visuomotor abilities leading to improved:
faster reaction time
improved decision making
better coordination
increased awareness of surroundings
cognitive abilities
focus and attention
mental agility
sensory integration

THERAPEUTIC BENEFITS:

concussion management
neurodevelopment and cognitive rehab
support for children/adults with special needs
visual and processing disorders
eye motor skills
delaying some disease progression
vagal nerve imbalance
Honestly, most everyone can benefit!

Senaptec Sensory Station | As a gentleGYM member or Agape patient you have access to Vision Training tools right here. Agape also has the Senaptec Sensory Station. This is housed at Agape Performance. This is a system designed to objectively measure 10 aspects of vision and visual motor skills. Then an individualized program is designed to help you improved things listed above.
After your assessment ideally you would do 3 sessions per week for 12 weeks. Each session is 10-20 minutes. Then there is a maintenance option after 12 weeks depending on your outcomes. This is not part of your gG membership.
Strobe eye wear can also be used to help your become more efficient at interpreting the sensory input in your environment.

exercises

SAFETY NOTE: PLEASE PERFORM EXERCISES CAREFULLY, PARTICULARLY WHEN STANDING OR WALKING.

AGAPE'S "FAVORITE 5" VISION TRAINING EXERCISES

Perform any combination of these 5 exercises starting seated. (See progression below).
2 reps for 10 seconds working to 30 seconds. If you are start to feel provoked, that is ok.
We want slight provocation, but be done there. Don't over do it. If you need to sit a moment and get steadied, please do.
If you want a more individualized assessment, set up a wellness consult to help direct you.

PENCIL PUSH UP |
Why? Used to help binocular vision, particularly where the eyes struggle to work together to focus on near objects.
How? Start seated. Extend arm out in front of you with thumb up and nail at nose height. Both eyes see your nail. Slide your thumb towards your nose, while your eyes follow your nail. Efficient would be to get about 5" from your nose and see your nail clearly still. Slide your thumb in and out.

NEAR/FAR |
Why? It improves the eye's ability to focus on objects at varying distances and to coordinate eyes.
How? See an object or words within arm's length and look off into the distance to see an object or words clearly. Both eyes see the object or letters clearly. Move back and forth quickly but still being able to see the specific object or letters clearly.

Bluelight special: Staring off to the horizon and letting gaze soften allows the little muscles in the lens of your eye to relax. It also relaxes your nervous system.

PERIPHERAL SPOTTING |
Why? To improve one's ability to see and react to objects outside of their direct line of sight. This type of training can enhance spatial awareness, reaction time, and overall visual function, potentially leading to improved performance in sports, safer driving, and better performance in jobs requiring heightened visual awareness
How? Look ahead and spot something you can see in your periphery enough to be able to point at it. Turn your head to see where your finger is pointing. Your finger should be pointing right at the object still. If it's off try to adjust your pointing and repeat this process a few times.

FIGURE 8 |
Why? To improve eye coordination, tracking ability, and flexibility, while also reducing eye strain and promoting mindfulness. It can help reading comprehension.
How? Eyes move in a big figure 8 out in front of you. You can change position of the figure 8 depending on your goals. You can also trace a figure 8 with the same side arm. Can adjust this if you have had a stroke or concussion to target your brain better, too.
Don't forget to try a figure 8 that is a few inches above the height of your head as well. Gazing up and to either side can often be a challenge.

VOR PROGRESSION|
Why? To improve the coordination between eye and head movements, enhancing visual stability during head motion. These exercises help the brain learn to compensate for disruptions in the inner ear's balance system, reducing dizziness and blurry vision caused by head movements.
How? Eyes look at an object and head turns in the following ways: horizontal, then vertical, then diagonal, then other diagonal. After doing this seated you can practice with this progression.

Bluelight special: You may do a **VOR CANCELLATION** exercise. Here is the difference between VOR and VOR CANCELLATION. The VOR is a reflexive eye movement that stabilizes gaze during head movements by moving the eyes in the opposite direction of the head. VOR cancellation, on the other hand, is a process that allows us to override this reflex when we want our eyes and head to move together, such as when tracking a moving target with our eyes while turning our head. This can be helpful with motion sickness.
How? Bouncing. Simply sit on a big exercise ball and bounce up and down while you look at an object. If you are safe, stand on the trampoline and do the same.
Option: Walk and keep your eyes and head focus on an object. Walk and turn slight directions while maintaining your focus on the object to progress.

WAYS TO GENERALLY PROGRESS THE "FAVORITE 5"|
You probably started seated and with a straight gaze. Now start to place your head at different angles like turned slightly to the right and repeat the exercises.
Move on to tipping your head to a 45 degree angle.
Carefully move to standing and go back to the head vertical and then move to changing the angle of your head.
You can also change the position of your feet in standing.
Change your surface. Like stand on the balance pad, bosu, vibration platform or trampoline.
Start with your background being simple and then turn so you have a busier background.
Walk and try the exercises.
Try using our Blazepods, there are different programs you can play with.