**Hand and Finger Dance**

Goal: To increase integration between the central and peripheral visual systems and improve fixation.

 Procedure:

1. Sit or stand with a partner facing you about 16-20 inches apart.
2. Partner holds up hand just to the edge of patient’s face. Patient holds up their hand about 1 inch away from the partner’s. Your hands should match as if you are looking into a mirror.
3. The partner slowly moves their hand up and down and from side to side. Patient should match the movement of their hand to the partner’s hand. The patient should look “softly” at the partner’s eyes.
4. When this is easy, do the same with two fingers from each hand; then one finger from each hand.
5. When this is easy, repeat with different fingers from each hand.