**Polar Mirror**

**Goal:** To monitor suppression and encourage both eyes to stay on.

**Setup:** A pair of polarized glasses and a mirror.

**Instructions:**

1. The patient puts on the polarized glasses and looks at a mirror in front of them. The mirror can be a hand mirror or a mirror mounted on the wall depending on the distance needed. Starting at a close distance is easier.
2. The patient looks at their own eyes through the glasses into the mirror. Do both eyes look the same in the mirror or does one eye look darker? Is the darker eye only a little bit darker or is it completely black?
3. The patient tries to keep both lenses transparent all the time by encouraging the suppressing eye to come on. The patient can blink their eyes rapidly, tap the eye brow above the suppressing eye, or flick their fingers in front of the suppressing eye like a fan.
4. See if you can keep both eyes on for 30 seconds. Move your body, stand on one foot, swing your arms and do different movements while looking in the mirror and keeping both lenses transparent.
5. Once the above is easy, take a step back and repeat.

**Aspects to emphasize:**

1. When the patient is able to keep both eyes the same brightness the patient can move closer or further away from the mirror to see if the patient can keep both eyes on at all distances.