**A Pattern Scanning**

**Goal:** To have the patient move their eyes in an “A Pattern” in order to navigate space more efficiently.

**Set up:** A chair and table to start, then moving to a long hallway or outside on a smooth surface with no steps/curbs to start with (can add obstacles as patient advances).

**Instructions:**

* Have the patient start sitting in a chair with a blank wall in front of them. Place three sticky notes in an A pattern on the wall. Label the sticky notes 1, 2, 3 with 2 being at the top. The ‘2’ should be straight ahead from patient, and the 1 and 3 down to the patients left and right side.
* The patient moves their eyes from sticky note 1 to 2 and then 2 to 3 and then back to 2, and then finishing on 1. If there is peripheral motion sensitivity, have the patient blink between moves. Start very slow.
* Once the patient has mastered the above at eye level, move the 1 and 3 sticky notes lower so a bigger move is needed with the eyes. Practice this position until it is mastered.
* Have the patient stand up and practice the above eye movements while standing. Ensure there are no symptoms that arise.
* Once the above is mastered, move to a hallway and have the patient slowly walk down the hall practicing the A pattern scanning eye movement. Increase the speed of walking until the patient is at normal walking speed, and is able to do the pattern scanning without the feeling of falling over.

**Aspects to emphasize:** Make sure the patient is able to move both eyes to each spot without any symptoms. Also, the patient is able to navigate through space efficiently and avoid obstacles.

**To make it more interesting:** Place obstacle that the patient has to avoid.

Have the patient try the above outside, on a smooth surface and then with stepping up onto of down off of a curb without breaking stride.