**E.T. Touch**

**Goal:** To help the patient improve the ability to hold their eyes still while maintaining peripheral awareness.

**Instructions:**

PART I

1. Sit facing the patient.
2. Bring your pointer finger into the patient’s peripheral visual field and stop it there.
3. Instruct the patient to touch your fingertip with his/her fingertip.
4. “I wonder if you can keep your eyes on my eyes while you touch my finger.”
5. Give patient feedback appropriate to performance.
6. Repeat with your pointer finger coming from a different starting point each time.
7. Since self-awareness is a goal of vision therapy, when possible, ask patient, “How did you do that time?”, etc.
8. If the accuracy of touching a fingertip is too difficult, see if the patient can use their hand to high-five your hand.

PART II

1. Using your own hands, touch your fingertips together.
2. Move your hand in all directions to be the target, then switch and use the other hand as the target.
3. Try with your eyes closed.

**Don’t Have a Partner?**

1. Sit facing a wall and place post-it notes in your peripheral field on the wall.
2. Keeping your gaze in the center of the post-its, locate one post-it in your periphery and carefully place your finger in the center of it.
3. Look at where your finger is to check accuracy.
4. Bring your gaze back to the center and continue with the rest of the post-its.

**Aspects to emphasize:**

1. Patient should have good posture, blink, and breathe normally.
2. Patient should be able to maintain eye contact.
3. Patient should be able to accurately touch your finger.

**To make it more interesting:**

1. Use both hands at the same time, so the patient has to touch a finger on each hand.
2. Add additional fingers. All of the patient’s fingers must accurately match the assistant.
3. Work on crossing the midline: have the patient match the opposite hand/foot to the assistant’s.