**Parallax Walking**

**Goal:** To understand and localize peripheral motion

**Set up:** Place two targets on the wall on the patient’s right side and two targets on the left side of the patient. The targets should be about eye level. One target should be right on the edge of the patient’s periphery and the other should be farther ahead.

**Instructions:**

LEFT PERIPHERAL AWARENESS

1. Standing up, look straight ahead. Bring attention to your left periphery. You should be able to see both targets on your left side. If not, adjust your body forward or backward until you can. It’s okay if the targets are blurry, just be aware of generally where they are and how far away from you they seem to be. Take note if the targets appear to be moving.
2. Reaching forward with your right leg, take a step. At the same time, move your left arm forward. Notice what happens to the targets in your left periphery as you move forward. Do the targets seem to move? If so, how? Did they appear to move forward or backward, closer or farther? Did the targets ever disappear?
3. Shift your weight forward and backward, noticing the targets in your left field of vision. Think about how fast you are moving and how fast the targets appear to move, Do you feel yourself moving or does it seem like the objects are moving?
4. Your goal is to notice that as your body moves forward, things on your left side should appear to move backwards. Repeat steps 2 and 3 until you have that awareness.
5. LEFT PERIPHERY + LEFT FOOT WEIGHT - Once your left periphery is stable and you have gained the sensory awareness of objects appearing to move backward, notice the weight of your left foot as you step. Does your entire foot touch the floor? Does your foot seem to have more pressure on the left or right side or more on your toes or heels? How does the way your foot feels affect what you see in your periphery?
6. Your goal is to simultaneously be aware of the objects in your periphery seeming to move backwards while and the floor underneath your foot.

RIGHT PERIPHERAL AWARENESS

1. Repeat the above procedure paying attention to your right periphery. This time step forward with your left leg while bringing your right arm forward.

FULL PERIPHERAL AWARENESS

1. While standing and looking straight ahead, bring attention to both sides of your periphery. You should be able to see all four targets at the same time.
2. Take a half step forward noticing how the targets move in your periphery. Can you be aware of both sides at the same time? Do you lose awareness of any of the targets? Do you experience more motion sensitivity on one side over the other?
3. FULL PERIPHERY + WEIGHT ON BOTH FEET - Now as you take your half step forward, bring awareness of how your weight feels and how the floor feels underneath your feet. Walk slowly forward, maintaining the awareness as you move.

**Aspects to emphasize:**

1. If standing is uncomfortable or you are unsteady, you may sit and use rocking motions forward and back.
2. If the target appears to move or you are unsure of where it is in space, reach out and touch it.
3. Vary the speed of your steps. Notice if there is a change in perceived movement of the targets.
4. Try the activity in different sized spaces - use targets that are both close (either side of a hallway) and farther away (either side of a room) and notice how the speed is different depending on the distance.
5. Stand off-center in the room to see how closer objects move at a different speed than farther objects.