

## BOOSTING YOUR VISION THERAPY PROCEDURES USING BRAIN-BASED SYNTONIC PROTOCOLS

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1

## WHAT HAVE I BEEN UP TO?

- CSO – 12 YEARS – ROUGH START BUT DOING BETTER NOW, INTRODUCED TECHNIQUES AND PROTOCOLS
- IAFNR (FUNCTIONAL NEUROLOGY) AND NEUROFEEDBACK – 7 YEARS – HEMISPHERICITY, STARTED TO CONNECT COLORS TO THE BRAIN
- IRLN – 5 YEARS – THERE'S A BABY IN THAT BATHWATER
- ACS – 3 YEARS – HUNDREDS OF GOLD NUGGETS THAT CONNECT CONCEPTS
- SENSORY LEARNING PROGRAM
  - JUST FINISHED 14<sup>TH</sup> ROUND – LOTS OF EPIPHANIES
- INSATIABLE NEED TO COLLECT AND CONNECT FUN FACTS



2

## INTRODUCTION

- THE DEMAND FOR VISION THERAPY IS EXPANDING
- MORE PROFESSIONALS (OTS, PTS, CHIROPRACTORS) ARE USING VISUAL TECHNIQUES
- WE HAVE TWO CHOICES:
  - CONTINUE TO SKIM THE SURFACE OF THE POWERFUL TECHNIQUES THAT WE HAVE TO OFFER
  - SIT BACK AND COMPLAIN AS OTHERS PERFORM OUR SERVICES
  - TAKE MORE INSURANCE (AND LESS REIMBURSEMENT)
  - ONLY OFFER SPLINTER SKILLS
- PROACTIVELY CREATE A NICHE ONLY WE CAN DO:
  - BETTER UNDERSTAND OUR TOOLS
  - DELIVER HIGH QUALITY, WHOLE-PERSON CARE
  - OWN THE FACT THAT WE ARE THE MASTERS OF LIGHT AND VISION AND
  - PROVIDE THE BEST SUCCESS RATES



3

## SO, HOW DO WE STAND OUT?

- SYNTONICS IS OUR UNIQUE TOOL AS NEURO/DEVELOPMENTAL OPTOMETRISTS
  - REGULATES THE NERVOUS SYSTEM
  - PROVIDES TARGETED BRAIN-BASED TREATMENTS
  - ENHANCES VISION THERAPY
- PURPOSE OF THIS TALK:
  - HOW TO INTEGRATE SYNTONICS IN YOUR VT OFFICE
  - HOW TO QUICKLY PRESCRIBE COLORS
  - HOW TO APPLY COLOR-BASED VT PROTOCOLS CONFIDENTLY



4

## DISCLAIMER: PEOPLE CAN RESPOND DIFFERENTLY THE SAME COLOR BASED ON:

- **PERSONAL EXPERIENCES** – EX: YELLOW MIGHT BE A HAPPY COLOR, BUT IF YOUR CHILD GOT HIT BY A YELLOW CAR IN THE PAST, YOU MIGHT ASSOCIATE IT WITH BAD MOMENTS.
- **CULTURAL CONNOTATIONS** – EX: BLUE IS A MASCULINE COLOR IN WESTERN CULTURES, IT IS CONSIDERED A FEMININE COLOR IN CHINA.
- **CONTEXT** – THE CONTEXT IS ESSENTIAL TO UNDERSTAND THE MEANING OF A COLOR. FOR INSTANCE, RED CAN ACT AS AN APPETITIVE SIGNAL IN A RESTAURANT, OR AS A WARNING SIGNAL IN THE ROAD.



5

## THE POWER OF LIGHT AND COLOR (PART 1)

- THE POWER OF COLOR HAS BEEN RECOGNIZED FOR A LONG TIME
- MARKETING COLOR PSYCHOLOGY EXAMPLES:
  - RED – EVOKES STRONG EMOTIONS, APPETITE, IMPULSIVENESS/ DECREASED INHIBITION (THE GAS)
  - ORANGE – ENTHUSIASM, WARMTH, CALL TO ACTION
  - YELLOW – MENTAL STIMULATION, CHEERFULNESS, OPTIMISM



6

## THE POWER OF LIGHT AND COLOR (PART 2)

- CONTINUED:
  - GREEN – HEALTH, TRANQUILITY, OPTIMISM, RISK-TAKING
  - BLUE – SECURITY, TRUST, LOYALTY
  - PURPLE – CALMNESS, CREATIVITY
- AFFECTS PERIPHERAL AWARENESS – POSITIVELY OR NEGATIVELY – EACH COLOR IS A “CLIFF”
- BALANCES AUTONOMIC NERVOUS SYSTEM, MOOD, AND BRAIN
- ACCESSES DIFFERENT BRAIN REGIONS VIA VISUAL PATHWAYS (IE: BRAIN COLOR MAP)

7

## THERAPY ROOM ERGONOMICS

- IF YOU WORK WITH A LOT OF HIGHLY ENERGETIC AND IMPULSIVE KIDS
  - WHAT COLOR WOULD YOU AVOID?
  - WHAT COLOR WOULD YOU WANT?
- IF YOU HAVE A LOT OF GRUMPY, OPPOSITIONAL PATIENTS
  - WHAT COLOR WOULD YOU AVOID?
  - WHAT COLOR WOULD YOU WANT?
- BE CAREFUL OF TOO MUCH EXPOSURE FOR THE THERAPISTS
- VISION THERAPY BAGS – LET THE PATIENTS CHOOSE THEIR OWN COLOR TO GET AN IDEA OF WHAT THEY “CRAVE”
- USE PERSONAL SYNTONICS GOGGLES CUSTOMIZED FOR THE PATIENTS

8

## WHAT MAKES US DIFFERENT?

9

## HOW TO PRESCRIBE SYNTONICS

- THREE COLOR-SELECTION METHODS:
  - EMPIRICAL FITTING – BASED ON THE BLUE BOOK (IE: IF YOU NEED MUSCLE RELAXER, TRY OMEGA)
  - MUSCLE TESTING – KINESIOLOGY APPROACH (“ASK THE BODY WHAT IT NEEDS AT THAT MOMENT”)
  - BLIND SNAP TEST – MY FAVORITE! (SHOWS IMMEDIATE IMPROVEMENT THAT PATIENT AND FAMILY CAN SEE, **SLIGHTLY** LESS WOOWOO THAN MUSCLE TESTING, CAN STILL BE DONE WELL ON A ROUGH DAY),<sup>10</sup> AND (FOR ME) A LOT MORE FUN

10

## FINDING WHAT AREA(S) OF THE BRAIN NEED TO BE STIMULATED

- RIGHT: RIGHT LEG OVER LEFT
- LEFT: LEFT LEG OVER RIGHT
- LOWER: SIT UP STRAIGHT, STICK OUT YOUR BUM, TUCK IN YOUR CHIN
- UPPER: HUNCH, STICK CHIN FORWARD AND UP
- LATERAL-CENTRAL: TOES OUT, SQUEEZE SHOULDER BLADES TOGETHER
- LATERAL-PERIPHERAL: TOES IN, SQUEEZE SHOULDERS TOGETHER IN FRONT OF BODY

11

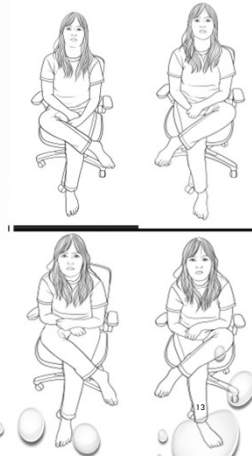
## BLIND SNAP TEST: STEP-BY-STEP (PART 1)

- CHANGE POSTURE TO ACTIVATE DIFFERENT AREAS OF THE BRAIN
- SNAP IN 6 LOCATIONS → PATIENT REACHES WITH EYES CLOSED
- THE POSTURE WITH THE MOST ACCURACY WILL POINT TO THE BRAIN AREA THAT “WANTS” TO BE STIMULATED

12

## BLIND SNAP TEST: STEP-BY-STEP (PART 2)

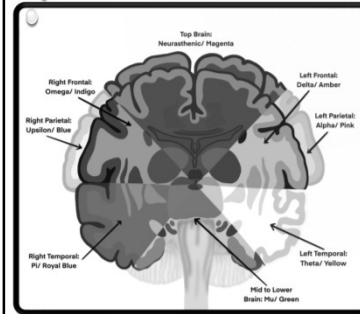
- CHOOSE POSTURE WITH BEST ACCURACY
  - IN THE BEGINNING – DO ALL POSTURES SO YOU CAN GET USED TO THE INSTRUCTION SET
  - FINE TUNE IT FURTHER BY FINDING THE BEST QUADRANT (UP R, UP L, DOWN R, DOWN L)
  - GET TO ANSWER FASTER BY CHOOSING BEST OF TWO (UP VS. DOWN OR R VS. L) THEN ADDING THE OTHERS
  - EXAMPLE: UP IS BEST BETWEEN UP/DOWN SO HAVE PATIENT HUNCH WHILE THEY ARE DOING RIGHT AND LEFT TO GET QUICK ANSWER



13

## BLIND SNAP TEST: STEP-BY-STEP (PART 2)

- CHOOSE OPTIMAL POSITION – AND DETERMINE BEST POSSIBLE BRAIN REGION TO STIMULATE
- DETERMINE COLOR PRESCRIPTION:
  - REFER TO BRAIN COLOR MAP
- RETEST WITH COLOR FILTERS IN NORMAL POSTURE
- PRESCRIBE THE BEST COMBO



14

## BLIND SNAP TEST: BENEFITS & WHAT WORKS FOR ME

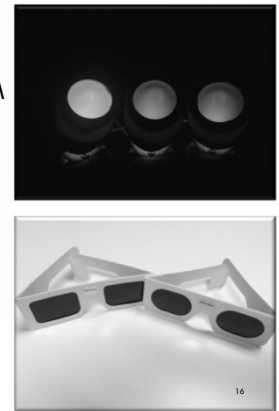
- BENEFITS:
  - OPENS PERIPHERAL AWARENESS
  - IMPROVES ACCESS TO INFORMATION
  - BALANCES THE BRAIN AND REDUCES "NOISE" (FIREHOSE)
- MY PROTOCOL:
  - 10 MINUTES/DAY FOR 20 DAYS
  - OR 10 MINUTES RIGHT BEFORE VT TO BOOST RESULTS
  - IF SENSITIVE, CAN REDUCE TIME TO JUST BEFORE SYMPTOMS OCCUR



15

## SYNTONICS IN THE VISION THERAPY ROOM

- USE SYNTONICS LIKE THESE IN YOUR CURRENT/NEW ACTIVITIES:
- S-STIMULANT VS. D-DEPRESSANT PROTOCOLS
- ALPHA-OMEGA
- ALPHA-DELTA
- MU-DELTA
- DELTA-OMEGA
- PI-OMEGA OR DELTA-THETA
- LOCAL FOCAL LIGHT WANDS



16

## S-STIMULANT VS. D-DEPRESSANT PERIPHERAL WAKE UP

- CENTRAL AND PERIPHERAL VISION OCCURS IN DIFFERENT PARTS OF THE BRAIN
  - CENTRAL
    - LOWER LEFT
    - RED/GREEN (NOT IN THIS LECTURE)
  - PERIPHERAL/MIDPERIPHERAL
    - UPPER RIGHT
    - BLUE/YELLOW
- FOR THE BRAIN TO FIX A MISMATCH, IT MUST BE AWARE OF THAT MISMATCH
  - BLUE EXPANDS SPACE
  - YELLOW CONSTRICTS SPACE



17

## S-STIMULANT VS. D- DEPRESSANT

- GOAL: TO BETTER UNDERSTAND THE ROLE THAT **VISION AND HEARING** PLAY IN ESTIMATING DISTANCES, COORDINATING AND EQUALIZING THE EYE-HAND CONNECTIONS ALONG **THE Z-AXIS**, AND IMPROVING ANY PERIPHERAL MISMATCHES IN AIM ALONG THE Z-AXIS.
- PAPER CRINKLE
- BILATERAL STICK IN STRAW

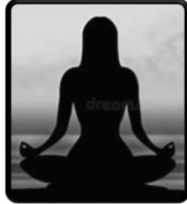


18

## ALPHA-OMEGA PERIPHERY

GOAL: IMPROVE PERIPHERY, DECREASE ANXIETY/OVERWHELM, CONNECT RIGHT AND LEFT BRAIN (LEFT PARIETAL = IT'S ALL GOOD, THIS TOO SHALL PASS; RIGHT FRONTAL = ABILITY TO SHIFT GEARS, LET GO)

1. BEFORE PUTTING ON THE GOGGLES, OBSERVE AND MEMORIZE OBJECTS IN YOUR ENVIRONMENT.
2. PUT ON THE GOGGLES
3. CAN YOU SEE THROUGH THE GOGGLES?
  1. IF YES, WHAT COLOR?
    1. PINK: NEED MORE ENERGY
    2. BLUE: NEED MORE CALM
    3. PURPLE: STARTING TO BALANCE
  2. IF NOT, TRY THESE TECHNIQUES:
    1. VISUALIZE THE ROOM AS YOU SAW IT BEFORE THE GOGGLES
    2. "OPEN" YOUR HEARING – WHAT SOUNDS ARE HAPPENING AROUND YOU?
    3. BREATHE DEEPLY
    4. "TRY, NOT TRY"
    5. CHANGE TO BRIGHTER ROOM THEN DECREASE



19

19

## ALPHA-DELTA DISCRIMINATION



- GOAL: HARNESS ALPHA-DELTA'S ABILITY HELP THE PATIENT DISCRIMINATE DIFFERENT BODY PARTS MORE EASILY AND AUTOMATICALLY. SINCE THE HANDS SHARE THE SAME AREAS OF THE BRAIN (HOMOLOGOUS COLUMNS), TEACHING THE HANDS WILL INDIRECTLY TEACH THE EYES.

### • ACTIVITIES:

- BODY MAPPING
  - ANGLES
  - PINCHING
  - DRAWING ON BACK/ARM
- REFLEX INTEGRATION
  - MORO
  - TLR
  - ATNR
  - STNR

20

20

## MU-DELTA COORDINATION



- GOAL: IMPROVE THE EYES' ABILITY TO ACCURATELY TRACK A LIGHTED OBJECT BY STIMULATING AND HARNESSING THE CEREBELLUM. IT ALSO IMPROVES COORDINATION BETWEEN DIFFERENT BODY PARTS/MOVEMENTS. USED WHEN PATIENT IS STRUGGLING TO COORDINATE MOVEMENTS OF DIFFERENT BODY PARTS.

### ACTIVITY:

- HORIZONTAL CIRCLE (CAROUSEL) – EYES AHEAD
  - ONE TARGET
  - TWO TARGETS
    - SAME DIRECTION
    - OPPOSITE DIRECTIONS



21

21

## DELTA-OMEGA SACCADDES

- GOAL: TO IMPROVE FUNCTION OF THE FRONTAL LOBES (SPECIFICALLY THE FRONTAL EYE FIELDS) TO ALLOW FOR MORE IMPULSE CONTROL, ABILITY TO SHIFT GEARS, AND MORE ACCURATE VOLUNTARY EYE SACCADDES.
- MIRROR SACCADDES



22

22

## PI-OMEGA OR DELTA-THETA VERTICAL TRAINING

- GOAL: TO DECREASE MISMATCH IN PERCEPTION OF THE VERTICAL PLANE BETWEEN THE EYES. IMPROVE COORDINATION OF EYES AND HANDS WHILE MOVING IN THE Z-AXIS.
- CHOOSE BEST SYNTONIC COLORS FOR ACTIVITY
  - WHICH EYE IS HYPER?
  - WHICH COLOR IS BEST IN BLIND SNAP TEST?
- VERTICAL CIRCLE
- YES-YES

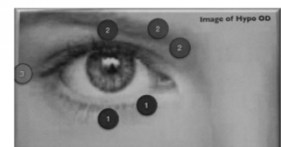


23

23

## LOCAL FOCAL VERTICAL TRAINING

- GOAL: TO BOOST THE NERVE MUSCLE COORDINATION WHEN EYES ARE NOT LINED UP VERTICALLY
- SYNTONAC TRIGGER POINT PROTOCOL



24

### CALL TO ACTION: TAKE SYNTONICS TO THE NEXT LEVEL

- SYNTONICS SETS US APART FROM OTS, PTS, CHIROPRACTORS
- **CURRENTLY**, ONLY WE KNOW HOW TO PRESCRIBE CUSTOMIZED COLOR THERAPY TO IMPROVE VT
- BLIND SNAP TEST IS SIMPLE AND POWERFUL
- WHEN DONE RIGHT, SYNTONICS BOOSTS:
  - BRAIN BALANCE
  - VISUAL ENGAGEMENT
  - THERAPY SUCCESS



25

25

### NEXT STEPS

- TRY THE BLIND SNAP TEST ON YOUR COWORKERS THIS WEEK
- EXPERIMENT WITH COLOR THERAPY BEFORE VT
- EXPERIMENT WITH COLOR ERGONOMICS AND THERAPY IN VT
- VISIT ARIZONA VISION THERAPY CENTER TO:
  - SEE IT IN ACTION
  - LEARN MORE!



26

26

### FINAL THOUGHT

"WE HAVE A UNIQUE ADVANTAGE IN THE WORLD OF VISION THERAPY. BY INTEGRATING SYNTONICS, WE NOT ONLY ENHANCE OUR TREATMENTS BUT ALSO DIFFERENTIATE OURSELVES FROM THE GROWING CROWD OF PROFESSIONALS ENTERING OUR SPACE. LET'S CONTINUE LEADING THE WAY IN BRAIN-BASED VISION THERAPY!"



27

27

### QUESTIONS?

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28

28