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**FINGER LIGHT – BODY MAPPING WITH ALPHA-DELTA**

**PURPOSE:** To 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.**



**EQUIPMENT:** Patient, **Alpha Delta** syntonic glasses, 2 white lighted finger lights, large mirror.



**ACTIVITY:**

1. Wear the **Alpha Delta** syntonic glasses before you begin.
2. Place a white finger light on your **pointer finger** and another white finger light on your **thumb.**
3. Hold up the **mirror across from the patient’s** **face** and have them try and **touch/pinch** different parts of their **face** (Ex. Nose, cheek, chin, ears, forehead, hair).
4. Repeat touching the **face** while looking at the mirror if they need help to identify the correct location.
5. Use the mirror to **touch/pinch** different **body** parts (Ex. Neck, shoulders, arms, elbow, knees, shins, feet).
6. Repeat touching the **body** while looking at the mirror if they need help to identify the correct location.



**WHAT TO LOOK FOR:**

1.  If the patient struggles to touch the correct body parts in the mirror, back up to no mirror use then return to using the mirror when they become more accurate.

