A close-up of a sign

Description automatically generated

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

**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.**

Shape

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

Shape

**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.

Shape

**WHAT TO LOOK FOR:**

1. A drawing of a person sitting on a chair

   AI-generated content may be incorrect. 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.

A cartoon of a person sitting on a chair

AI-generated content may be incorrect.A drawing of a child sitting on a chair

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