

   Amy Thomas, OD, FOVDR

**POI BALL SACCADES WITH DELTA-OMEGA**



**PURPOSE:** 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 saccades**.



**EQUIPMENT:** Patient, 2 lighted Poi Balls, **Delta Omega** syntonic glasses, mirror or central target.



**ACTIVITY:**

1. Wear the **Delta Omega** syntonic glasses before you begin.
2. Hold one Poi Ball in each hand at **eye level and even with your shoulders**, place a **mirror between the 2 balls.**
3. Cast your eyes from the Poi ball in **your right hand** to the **mirror** and then to the Poi ball in your **left** **hand**. Continue jumping back and forth for about 30 seconds.
4. Now hold both Poi balls **above** eye level.  Keep the mirror in place.
5. Cast your eyes from the Poi ball in **your right hand** to the mirror and then over to the Poi ball in **your left** **hand**. Continue jumping back and forth for about 1 minute.
6. Now hold both Poi balls **below** eye level.  Keep the mirror in place.
7. Cast your eyes from the Poi ball in **your right hand** to the mirror and then over to the Poi ball in **your left** **hand**. Continue jumping back and forth for about 1 minute.
8. Now hold one Poi ball **below eye level** and one **above eye level,** but the **mirror will stay in place.**
9. Cast your eyes from the Poi ball in **your right hand** to the mirror and then over to the Poi ball in **your left** **hand**. Continue jumping back and forth for about 1 minute.
10. Now hold one Poi ball **above eye level** and one **below** **eye level opposite of step #8,** but the **mirror will stay in place.**
11. Cast your eyes from the Poi ball in **your right hand** to the mirror and then over to the Poi ball in **your left** **hand**. Continue jumping back and forth for about 1 minute.

**WHAT TO LOOK FOR:**

1. Add a metronome or music with a beat when this becomes too easy.

2. If the patient sees double, have them alternately patch eyes.