A close-up of a sign

Description automatically generated

**Amy Thomas, O.D.,** FOVDR

**POI BALL VESTIBULAR-OCULAR INTEGRATION FOR VERTICAL DEVIATIONS WITH PI-OMEGA OR DELTA-THETA**

**PURPOSE:** To decrease mismatch in perception of the vertical plane between the eyes. Improve coordination of eyes and hands while moving in the Z-axis.

Shape

**EQUIPMENT:** Patient, 2 lighted Poi Balls, **Pi Omega or Delta Theta** syntonic glasses.

ShapeShape

A person sitting on a chair pointing

AI-generated content may be incorrect.**ACTIVITY:**

Shape**Ferris Wheel:**

1. Wear Pi **Omega or Delta Theta** syntonic glasses before you begin.
2. Use **Right hand** to move a Poi ball in a **vertical circle** starting at the nose and going **away from face** and then in the **opposite direction** like a **Ferris** wheel for 5 rotations.  Track the Poi ball with your eyes.
3. Repeat with **Left hand**.
4. Next, hold the Poi ball **stationery at eye level** and at arm’s reach.  **Nod the head** up and down with both eyes looking at the ball.  Do this for 30 seconds while holding with your right hand.  Repeat with your left hand.

**WHAT TO LOOK FOR:**

1. If it is not obvious which eye is **hyper,** have the patient wear **pi-omega** and **stand on each leg separately**. Repeat with **delta-theta**. Use the color that brings the best balance.

        2. If there is a continuous “hitch” in the rotation of either ball, have the helper do **joint centration** of the wrist, elbow, and shoulder on **both sides** of the patient’s body.

         3. If there continues to be a “hitch”, have the **helper hold their hand** on the patient’s wrist, elbow, or shoulder on the most affected side.

4. Fun Fact: Nodding the head recruits the **inner ear** on each side to help the same-side eye move more easily.

5. Fun Fact 2: Holding the visual target in the hand helps “tell the eye where to go” because the controls for the hand and eye are **neighbors in the brain** and are designed to help each other.