

Appendix A. Bull's-Eye: Monocular

Aim:

To develop flexibility and control of the focusing system by learning to feel the difference in tone when accommodation is relaxed or stimulated.

Equipment:

Large Hart chart, bull's-eye target, patch

Procedure:

1. A large Hart chart is placed on the wall at the patient's eye level (Figure 1).
2. The patient stands with feet shoulder width apart, at least 10 feet from the wall chart. One eye is occluded, and the bull's-eye is held approximately 30-40 centimeters from the un-occluded eye (Figure 2).
3. The patient views the Hart chart through the clear portion of the bull's-eye and should report that the letters on the chart are clear while the bull's-eye appears blurry.
4. The patient then views the bull's-eye and should report that it becomes clear while the letters on the Hart chart become blurry.
5. The patient should then shift focus back and forth several times between the Hart chart and the bull's-eye until awareness of the difference in accommodative tone is achieved.
6. The therapist should ask the patient which target requires the eye to focus more and which requires the eye to focus less. This is referred to as "looking hard" and "looking soft".
7. The procedure should be repeated with the other eye.



Figure 1. Large Hart chart is placed on the wall at the patient's eye level.



Figure 2. The bull's-eye is held approximately 30-40 centimeters from the un-occluded eye.

In this particular technique, it is critical that the patient gain an understanding of what "look hard" and "look soft" mean. This terminology will be used throughout the course of therapy when asking the patient to control the stimulation/relaxation of the accommodative system (in other procedures such as +/- flippers or vectograms). If the patient is unable to tell the difference in feeling tone, then the near target should be held closer to the eye, which will typically increase accommodation to a level that is able to be appreciated. If performance between the two eyes is unequal, the procedure should be repeated twice with the more difficult eye and once with the easier eye.