

Appendix B. Brock String: Make an X, Moveable X

Aim:

To develop coordination between the two eyes with the ability to shift to various distances quickly and accurately.

Equipment:

Brock string

Procedure:

1. The patient stands in a balanced posture with the feet shoulder width apart. The far end of the Brock string is attached to a stationary objects, such as a door knob. The patient holds the other end of the string to the tip of the nose, making it slightly below eye level (Figure 3).
2. A single bead should be placed in the center of the string while the other beads are pushed to the end farthest from the patient. The patient should attempt to fixate directly on the bead with both eyes. If the two eyes are coordinated, the patient should report seeing one bead in the center with the two strings on either side (the strings appear to make an X pattern in front of and behind the bead).
3. When the patient is able to achieve the X response, the bead should be moved to various positions along the string with a goal of being able to achieve the X response again immediately.
4. Once the first level is achieved, the therapist should place all 3 beads along the string (Figure 4). The patient is now instructed to shift fixation to the color bead named by the therapist. The patient's goal is still to achieve the X response as quickly as possible. More Effort should be placed on beads where the response is slower or not achieved. The patient should be aware that all other beads not being fixated should appear as double.



Figure 3. The patient holds the other end of the string to the tip of the nose.



Figure 4. All 3 beads are placed along the string.

If the patient only reports seeing one bead and one string when both eyes are open, this is an indication that one eye is being suppressed. The therapist should try some of the following techniques to attempt to break suppression: blink rapidly several times, jiggle the string, or move the bead(s) closer or farther away. If the patient reports that the strings cross in front of the bead, the patient is looking too close and should attempt to “look harder.” If the strings cross in front of the bead, the patient is looking too close and should attempt to “look softer.” The location of the crossing strings is an indication of where the patient's eyes are truly aiming. The therapist may need to move the initial bead position closer or farther until a stable starting position is found.