

TRAIN FUNCTIONAL PRLs BY USING EXFIX.SE AND ITS SELFHLP PROGRAMME

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At PRISMA in Firenze, Italy
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EV Eternal Value to Me

- Nice to be here – again!
- Thanks for the invitation
- I started in 1971 and will keep on with Rock and Roll and Rehabilitation Research for many years to come
- International contacts are essential even if the patients in Amman read in the other direction
- See Bad Feel Good EV gave me a PhD HC...

01/08/2017

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Krister Inde:

Eccentric viewing
with 0,05 and homonyms
central scotomas
Read 7-8 degrees upwards
since 1967/68.
Read with 10 – 11 X
Wants good
print and light.
"Sniff reader" at 2,5 cm
Use A2 Aplanatic lenses for
10X Magnification correction

Wherever
whenever
whatever!

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- ABBA-
And me..

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Low Vision Reading Techniques in Eccentric Viewing Training

How to improve functional vision
using optical and educational tools
within low vision rehabilitation

CFL
BCVA
PRL
BRA
SBFG

Central Visual Field Loss
Best Corrected Visual Acuity
Preferred Retinal Locus
Best Retinal Area
See Bad Feel Good

Medical Aspects of Low Vision Rehabilitation

- Referral from an ophthalmologist to rehabilitation is essential.
- Symptoms are more important than diagnosis.
- Today is today and tomorrow is much later. Use Braille when you cannot use vision.
- "Using your vision is not harmful to your eyes! – It will increase your Visual Desire!"

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The Five LV Groups

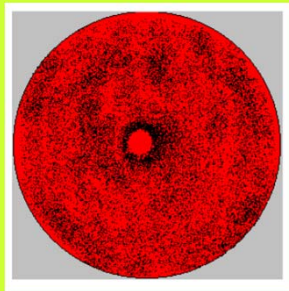
1. Central scotomas CFL with
2. Abnormal nystagmus
3. Peripheral restrictions
4. Low visual acuity and reduced visual acuity 6/60 –20/60 (0.1-0.3)
5. Visual field defects

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The Eccentric Club – Who are the members?

- Visual acuity < 20/200 (<0.1)
- Central visual field loss as a defined scotoma
- Normal retina in the periphery
- Normal eye movements

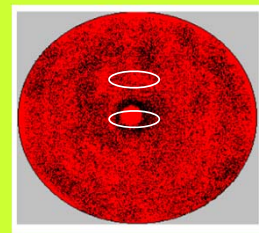


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Eccentric Viewing

Fixate above or below the central scotoma when you read, if possible

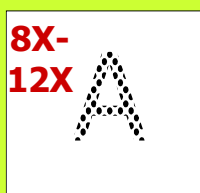


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Eccentric Viewing Demands Magnification

- Compensate for the lower density of cones outside of macula with high magnification 8X or more in a frame.

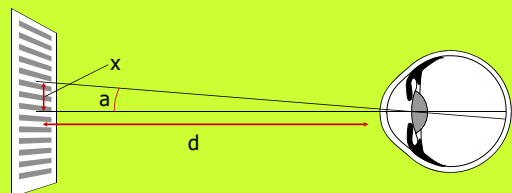


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Calculating the Eccentric Distance From the Text

$$\tan a \text{ degrees} * d = x$$

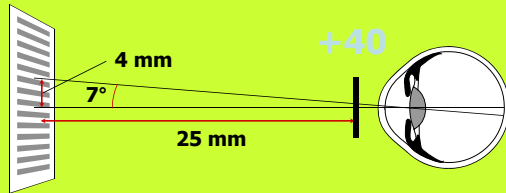


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Calculation of My Eccentric Distance from the Text

$$\tan 7^\circ * 25 \text{ mm} = 4 \text{ mm}$$



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How many BRAs?

- When Reading
- When Watching faces
- When looking at TV
- When using the PC
- When watching with a telescope
- When watching the watch
- When biking
- For Orientation and Mobility



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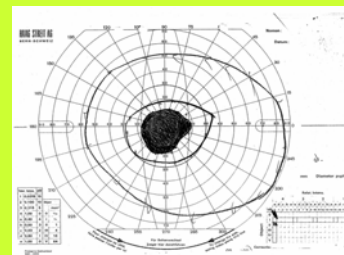
The Visual Cortex has a Macular Area even for others?

- Restitution is the goal for stroke training – and EV Training?
 - "The Macula lutea uses its own area in the visual cortex. When the macula is replaced by a scotoma, then this area does not "function" anymore. But it will eventually be incorporated by other cones in the parafoveal areas of the retina. Or?"
- Dr Tina Plank, Regensburg, Germany

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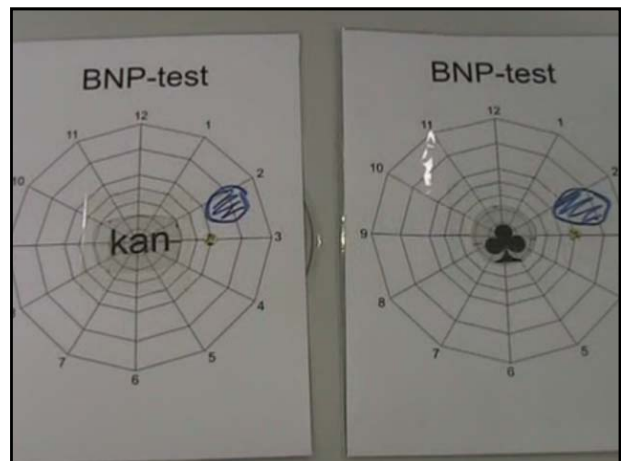
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Goldman makes it clearer



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Fixation Lines Training

green come over

sober event roman

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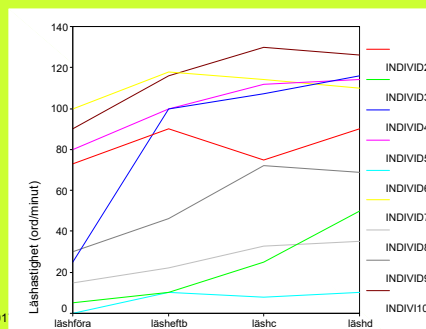
Can Movitext help you?

Movitext makes the text movement easier when training eccentric viewing. Like this:



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Reading speed



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Move the text with the "Steady Eye Method"

1. Use the exact reading distance with high magnification
2. Use your BRA for Reading
3. Move the text from Right to Left
4. Keep the best eye over (or under) the text – good fixation stability – "steady eye technique"
5. Train for two months

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www.exfix.se

- Contains the described issues
- From tests to training
- English can be translated to Italian...if you want
- Look also here!
- <http://lhon.se/information-in-english/>

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• **MILLE GRAZZI
AMIGO MIO**

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