

The below Brock String Activities will start with the following set up:

1. Place one end of the string to the tip of the client's nose and the other attached to a stationary object or held out by another person, roughly at eye level.
2. Position the four beads away from your nose at approximately 3 inches for the first, 6 inches for the second, 12 inch for the this and 16 inches for the last. [diff. positions are an options]
3. The patient may note seeing a "V" at the farthest and nearest points along the string, and an "X" in the middle (intersecting the bead being fixated on.), all along the path of the string, this is normal. The "X" being comprised of the intercepting two observed strings through the bead being fixated on.

NOTE: It can be normal to experience eye strain and watering.

Moveable "X" (Fixations)

Begin by fixating on each bead for 5-19 seconds without it breaking into two, while seeing an "X", with the center of the "X" being the desired bead.

Eye Jumps [3 seconds] (Jump Ductions)

- * Fixate on each bead roughly 3 seconds, starting at the farthest one and move inward toward the nose.
- * Once one can fixate on all beads for 5-10 seconds, then randomly move to each bead making sure to keep it one, each time, for about 3 seconds before moving on to the next.
- * Alternate fixation from the farthest bead to the nearest bead, then the nearest bead to the farthest bead.

Bug Walking (Smooth Vergence)

- * Begin by pushing all but one bead to the far end of the string, away from your face. Place one bead one inch from your nose.
- * Look at the far end of the string and imagine that a tiny bug is slowly walking toward your nose.
- * It should take about 10 seconds to move from the farthest end of the string to the nearest and vice versa.