## PATIENT INSTRUCTIONS

Thank you for purchasing the Vision Assessment Corporation Racetrack Polarized Variable Vectograph (P/N 1040).



### PURPOSE

A three-dimensional picture is used to strengthen the binocularity system and provide base-in and/or base-out training.

#### FAMILIARIZE YOURSELF WITH THE VECTOGRAPH

- Polarized Variable Vectograph Vision Therapy System consists of:
  - 1. 1 Therapy Binder



- 2. 1 Guide
- 3. 2 Vectographic Panels
  - Panel 1 (Blue Bar at Bottom)



• Panel 2 (Numbers/Letters at Bottom)



4. 1 Pair Standard Polarized Viewers

(NOT TO BE USED AS SUNGLASSES)

- 5. 2 Instruction Manuals
  - Doctor Instruction Manual
  - Patient Instruction Manual

This exercise works best if practiced daily as suggested. A Patient Instruction Manual has been included so the Vectograph Vision Therapy System can be sent home with the patient to allow for greater success through continued at-home usage and practice.

6. 1 Patient Vision Therapy Record Form with Pen

### **TESTING CONDITIONS**

- Well-lit, glare-free area
- If reflections or glare on the Vectograph can be seen, try tilting the test or choose another testing location

#### **ADMINISTRATION**

1. Place the polarized viewers on the patient.

**PLEASE NOTE:** DOCTOR SHOULD ADVISE WHETHER OR NOT POLARIZED VIEWERS SHOULD BE WORN OVER PATIENT'S PRESCRIPTION GLASSES.

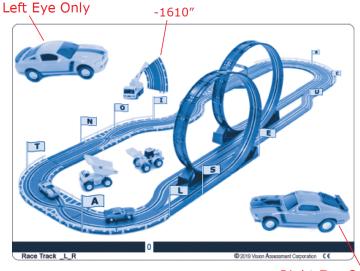
- 2. Hold the Vectograph approximately 16 inches (40 cm) in front of the patient.
- 3. Slide the 2 panels in the guide until the 0 appears in the opening on the blue bar at the bottom of the test.
- 4. Begin by performing a suppression check. Have the patient look at the Racetrack and ask the patient to point to or indicate the number of race cars on the outside of the track.
  - The patient should see TWO race cars, one car should be seen with the Left Eye (upper left corner) and one car should be seen with the Right Eye in the lower right corner. If the patient does not point to or indicate 2 cars, the patient is suppressing vision in one eye.
  - If the race car in the upper Left cannot be seen, the patient is suppressing vision in their Left Eye. Instruct the patient to cover their Right Eye and have the patient focus with their Left Eye until he/she is able see the car in the upper left. Then again have the patient view the Vectograph binocularly to ensure that both cars can be seen.
  - If the patient does not see the car on the lower right, the patient is suppressing vision in their Right Eye. Instruct the patient to cover their Left Eye. Have the patient focus with their Right Eye until he/she is able see the car in the lower right. Then again have the patient view the Vectograph binocularly to ensure that both cars can be seen.
- 5. Once the patient can see both cars, the patient is ready to use the Vectograph.
- 6. Each of the lettered flags around the racetrack are arranged at different levels of depth with varying seconds of arc. Ask the patient to point to/identify each flag and indicate which flags seem to be floating away from them (BELOW the Vectograph), towards them (ABOVE the Vectograph) or if the flag appears EVEN with the Vectograph. Ask the patient to indicate which flags appear closer and which appear further away.
- 7. Refer to the "Answer Key" section of this manual for the seconds of arc and direction of float for each flag/image.
- 8. Next, while slowly slide the panels apart ask the patient to try to maintain a single image while repeating Step 6.
- 9. Have the patient notify you when the images double or when he/she is no longer able to fuse the Racetrack image. (This is the Breaking Point.)
- 10. Note the number/letter in the space on the blue bar at the bottom of the Vectograph. Refer to "Scoring" section of this manual.
- 11. Next, as you slowly slide the panels back together, ask the patient to notify you when he/she is able to see the Racetrack image as a single clear image again. (This is the Recovery Point.)
- 12. Note the number/letter in the in the space on the blue bar at the bottom of the Vectograph. Refer to "Scoring" section of this manual.
- 13. Repeat steps 6 12 until patient can achieve the doctor's recommended goal.
- 14. As an additional exercise, have the patient spell words using the letters inside each flag while indicating each flag's direction of float.
- 15. Follow any variation on these exercises as recommended by the doctor.

### **SCORING**

- Each letter A-P on the bottom blue bar represents one diopter (Base-In) (Divergence / Relaxing).
- Each number 1-10 on the bottom blue bar represents one diopter. (Base-Out) (Convergence / Crossing).
- Each number 10-24 represents two diopters. (Base-Out) (Convergence / Crossing).
- 40 diopter range of separation available.
- Refer to the Patient Vision Therapy Record Form.
- Record the date.

- Above the diagonal line in the row labeled "Relaxing" record the Breaking Point for the highest letter on the blue bar that the patient is able to achieve.
- In the same box, below the diagonal line, record the Recovery Point for the highest letter from the blue bar at which the patient is able to fuse the images as a single clear image again.
- Repeat the previous 2 steps for the row labeled "Crossing" for recording the Breaking Point and Recovery Point for the highest numbers that the patient can reach on the blue bar at the bottom of the Vectograph.

### ANSWER KEY



Right Eye Only

Image Orientation and Stereopsis Levels in Seconds of Arc (Clockwise Left to Right):

The higher the seconds of arc, the greater the float ABOVE the Vectograph The more negative the seconds of arc, the further the float BELOW the Vectograph

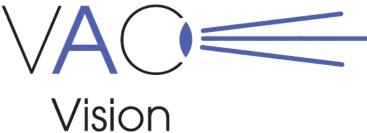
| Flag A: | ABOVE: 7,339"  | Flag L: ABOVE: 8,412" |
|---------|----------------|-----------------------|
| Flag T: | ABOVE: 894"    | Flag S: ABOVE: 7,160" |
| Flag N: | ABOVE: 300"    | Flag E: ABOVE: 5,250" |
| Flag O: | ABOVE: 180"    | Flag U: ABOVE: 2,625" |
| Flag I: | ABOVE: 360"    | Flag C: ABOVE: 1,372" |
| Crane:  | BELOW: -1,610" | Flag R: BELOW: -477"  |

### **CARE/HANDLING & STORAGE**

- Clean vectographic panels and guide with a soft, damp, lint-free cloth. Dampen cloth using glass cleaner or mild detergent/water.
- CAUTION: DO NOT IMMERSE THE VECTOGRAPHIC PANELS IN WATER. DO NOT SPRAY CLEANER DIRECTLY ONTO PANELS.
- T Store Vectograph in a dry place away from direct sunlight.
- Clean polarized viewers using lens cleaner and soft, lint-free cloth.
- If panels are removed from guide during cleaning, replace the panels in the guide placing the panel with the blue bar on top of the panel with the numbers/letters. and ensuring that the plastic portion of the guide is behind the panels.

### WARRANTY

• 1-year manufacturer warranty from date of purchase



Assessment Corporation

# Racetrack

# **Polarized Variable Vectograph**

P/N 1040 PATIENT INSTRUCTIONS

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