

## **Accommodative Push-Ups**

Accommodation Therapy Phase 1

Purpose:

To normalize and equalize accommodative amplitudes

Equipment:

1. Eye patch
2. Small Letter Chart (optotypes=3mm tall)

Procedure:

1. Use adequate lighting and proper spectacle correction
2. This activity should be first demonstrated with the amblyopic eye patched
3. The small Letter Chart should initially be held at 40cm and at eye level. The patient should be asked to read the letters consecutively as the chart is slowly brought toward the eye. To keep the letters clear, the patient must be coached to —look hard|| and —close||.
4. Move the Letter Chart in slowly until the letters slightly blur. Hold for several seconds to see if the patient can clear the letters with coaching. If the patient can clear the letters, he should continue to move the chart closer to his eye trying to keep the letters clear. If the patient can no longer clear the target, the patient should move target to arms length and repeat.
5. Repeat process for approximately 1-2 minutes and then perform the activity with the non-amblyopic eye patched.
6. The procedure should be repeated with the amblyopic eye 4-5 minutes.

Coaching:

When the target just begins to blur, the patient should be coached to —look hard||, —tighten the eyes||, or —think about looking close.|| The therapist should coach the patient to regain clarity if possible without having to move the chart back.

Goal:

Normalization of accommodative amplitudes for both eyes. The patient should be able to keep the small chart clear at a distance of 6-7 cm in front of the amblyopic eye.