

Barrel Card

Objective

The objectives of the Barrel Card are to:

1. Develop the kinesthetic awareness of converging and diverging
2. Develop the ability to voluntarily converge
3. Normalize the near point of convergence

Equipment Needed

1. Barrel Card
2. Flip lenses (-2.00 D)

Setup

1. The card is held between index and thumb on lower edge of the card.
2. The card is held against the bridge of the nose with the chin slightly elevated so that the smallest barrel is closest to the nose.

Procedure

1. While fixating on the barrel farthest away he or she should be able to report one barrel that is a mixture of the red and green colors.
2. The other two barrels should be seen as double.
3. The subject then fixates the middle barrel, holds for 5 seconds and then the nearest barrel and holds for 5 seconds. The other two barrels should be seen as double.
4. Instruct the subject to alternate fixation from one barrel to the other 10 times.
5. If the subject experiences difficulty there are several techniques the therapist can use to help him overcome this obstacle.
 - a. Suggest that subject try and get the “feeling” of looking close and crossing his or her eyes.
 - b. Move the card farther away from the subject.
 - c. Use binocular minus lenses to stimulate accommodative convergence.
 - d. Cut the card in half length-wise to decrease the septum effect.

Endpoint

1. Can fuse each of the three barrels within 3 seconds and hold fusion for 5 seconds
2. Can repeat the sequence of fusing (for 5 seconds) the far, middle and near barrels for 10 repetitions.
3. The subject should be able to