



## 8<sup>TH</sup> INTERNATIONAL CONGRESS OF BEHAVIOURAL OPTOMETRY

**Speaker:** Richard Meier  
**Credentials:** COVD, NORA  
**Time/Date Scheduled:** 1100 – 1230 on Saturday, 28 April 2018, Plenary  
0800 – 0900 on Sunday, 29 April 2018, Room C2.4  
**Location:** Plenary

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**Presentation Title:** **Lions Club Members to Test And Treat Saccadic Fixations Dysfunction**

**Abstract:** Eighteen Lions Club members were trained to test saccadic fixation utilizing the NYSOA-KD test (card version). After practicing and becoming capable, they tested ninety-four six-year old children and found twenty-three students had at-risk saccadic fixation. These children were remediated utilizing metrome four stars, three stars, two stars, two stars random, and three stars random saccadic fixation program developed by Richard F. Meier OD, FCOVD. The Lions Club members averaged eight minutes of one on one training twice a week for five weeks, then took a three week break for Christmas, then resumed training for three more weeks.

Results: Twenty saccadic fixation deficient students improved to age appropriate level with this training. Three students were referred for a comprehensive optometric visual evaluation.

The program was repeated without further training at an at-risk school. Ninety students were tested, twenty-four were found to be at-risk in saccadic fixation. These twenty-four students completed ten minutes of intensive stared saccadic training each day for one month.

Results: Nineteen improved to age appropriate level. The five remained at at-risk level. These were referred for a comprehensive optometric visual evaluation paid for by the Lions Club.

To have significant impact on millions of children who have deficient visual skills, we must think differently about delivering behavioral vision care. We need help and the Lions Club,

with their emphasis on vision, are willing and able to help us deliver this care and change the visual world of children.

**Presentation Title: Efficient Saccadic Fixation Therapy**

**Abstract:** Efficient saccadic therapy utilizes an eighteen-step process to create efficient saccadic eye movements. These include stared tracking, single number and letter parallel tracking, double parallel number and letter tracking, double random outer number and letter tracking, one-hundred-line book tracking reading first and last letter to the beat, and five twenty line races. All activities are done to a metrome beat starting at eighty beats per minute and increasing to one hundred twenty beats per minute. Each person touches the stars to a beat starting at eighty and increasing to one hundred twenty. The stars are arranged four stars parallel, three stars parallel, two stars parallel, two stars random, and three stars random. When doing the letter and number tracking the person must say the letter or number to the beat. The student must complete two pages per day (eight blocks). The twenty line races are done without the metrome. The goal for the races is twenty-five seconds for twenty lines first and last letter, then twenty seconds, eighteen seconds, fifteen seconds, thirteen seconds, twelve seconds, eleven seconds, ten seconds, nine seconds.

Once completing this eighteen-step process a person will have accurate saccadic tracking with improved central peripheral processing, improved figure ground ability, improved focus control and improved convergence.

This program was created utilizing Pareto principles (80/20 rule) and Stanford design thinking to maximize success.

Efficient saccadic therapy has been shown to consistently improve reading in a persons with low vision and learning disabled population