

HOW TO USE PARTY STICKS

It is very simple: it is a matter of shaking them gently on the periphery of the visual field, both close to the temples then far, higher / lower, forward/backward. The combination of movement and light reflections is an extremely effective way of stimulating peripheral vision.

What exercises / activities can they be combined with?

Practically in all activities where centralized attention is required: test chart, outline (sketching), partial occlusion, short swings, long swings, fine prints, etc.

And also in front of television, computers, tablets etc?

Yes. Find a way to attach them to something on your head so that your hands stay free.

Where are they ? They are one of the elements of the Great vision training KIT
<https://www.naturalvision.it/scheda.php?lang=en&ID=110>