

Physiologic Diplopia

- Rescue Drill
- Training Drill

Systems Impacted:



Structures/Nerves Stimulated:

Eye/Retina, Optic Nerve, Thalamus, Visual Cortex (Occipital Lobe), Temporal Lobe, Frontal Lobe

Setup:

- Sit or stand comfortably
- Hold a pen or pencil at about half of arm's length, in front of the eyes
- Line up the pen/pencil target with an object in the background

Action:

- Look at the near target and notice if the far object in the background doubled (although blurry and partially transparent)
- Then look at the far object and notice if the near target doubled (although blurry and partially transparent)

Cues:

- Practice switching back and forth for 15 -30 sec
- Stop the drill if there is any pain, headache, or other threat response
- If you do NOT see the double object or target, pause and focus more on the one you are NOT looking at, to see if your brain can produce the "true image"

Modifications &

Progressions:

- Move the target to other directions of eye gaze, aligned with other objects, to test for diplopia in other directions