

**Parkwood Institute  
Acquired Brain Injury  
Outpatient Program  
Tip sheet**



## Near Far Accommodation

**Purpose:** To improve how fast and how efficiently you can focus on objects, both near and far, with your eyes at the same time as you are processing sound.

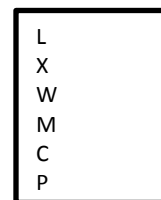
**Starting position:** This exercise can be done while sitting or standing.

**What you will need:** Two blank pieces of paper, a marker, a metronome (“a device that produces an audible beat—a click or other sound—at regular intervals that the user can set in beats per minute (BPM)” source – Wikipedia)

**Set up:** Make a vertical line of letters down each page. Use the same letters.

Hold one page in one hand in front of your face (about arms-length away).

Place the second page on the wall about 12-20 feet away from you at eye level.



**Exercise:** Set the metronome to 50-60 bpm with 2/4 timing and try to complete this task to the beat of the metronome. Keeping your head still, shift your eyes down to the paper in your hand and say the first letter at top of page. Then shift your eyes to paper on the wall and find and say the same letter. Move your eyes (not your head) back down to the page in your hand and say the next letter below and then back up to the wall. Continue repeating this task to the beat of the metronome moving vertically down the page.

**Make it harder:** Increase the speed of the metronome up to 120 bpm, increase the amount of letters on the page, stand on one leg or in tandem stance (with one foot in front of the other) or stand on unstable surfaces.