

# FRIENDS OF NVT

OFFICIAL NEWSLETTER OF INNEURACTIVE



## INTRODUCTION

Welcome to Issue 7, Volume 5 of our continuing Friends of NVT Newsletter! The place for all your neuro-visual training insights and information. We are thrilled for you to be joining us yet again and continuing your support for our mission to provide the cutting-edge of NVT methodologies and newsletter.

In this week's issue we are discussing an interesting topic regarding one of the most common symptoms post-concussion; photosensitivity/photophobia. Furthermore, we discuss our protocol for helping relieve patients' photosensitive symptoms using colored glasses. In the spirit of no spoilers, please read the content below for more information on this topic. It is very fascinating!

Furthermore, our "How To" for this week breaks down another one of our several pitch & catch drills with multicolor hula hoops. Pitch and catch drills are a staple of our NVT program because we can engage so many different neuro-systems simultaneously and train the multitasking of these different systems in a variety in fun ways. So make sure to stick around for that and learn how to get more out of your NVT program! Lastly, we have several exciting updates and announcements, so stay tuned and make sure you don't miss those, found at the bottom of this newsletter.

As always, we genuinely appreciate your support, and continue to look forward to bringing you the latest updates, philosophies, and strategies of Inneuractive, and our NVT programs. Make sure to follow us on twitter at @FriendsofNVT.

### WHAT'S IN OUR LATEST ISSUE:

- Introduction
- The Use of Colored Glasses to Mitigate Frequency Specific Photophobia - Blake Bacevich
- How To: Multicolor Hula Hoops - Pitch & Catch - Jon Vincent
- Announcements
- Disclaimer



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# The Use of Colored Glasses to Mitigate Frequency Specific Photophobia

Following a concussion or mild traumatic brain injury (mTBI) patients often suffer from light sensitivity, also known as photophobia or photosensitivity. Photophobia may contribute to a decreased quality of life for the patient post-TBI. Locally treatment of post-TBI symptoms can be categorized as; “get better” or “feel better”. If a patient reports their photophobia negatively impacting their quality of life, we want to mitigate it if possible and today we will discuss one of our very successful photophobia mitigation strategies, the use of colored glasses.

Photophobic patients are typically counseled on light mitigation strategies such as sunglasses while in highly lit rooms or sunlight, wearing hats, screen protectors, and limiting media usage. However, many of these strategies are not practical indoors or in low light and a light mitigation strategy that can be used in these settings is necessary to optimize the mitigation of photophobia. We have found that many patients who present with signs of photophobia have frequency specific photophobia that can be mitigated with the correct colored glasses.

It is important to note that selecting the correct colored glasses is crucial for optimal mitigation of your patients' symptoms. However, identifying the correct classes is a rather quick and simple process that only requires various colored glasses and a penlight. The colored glasses we typically test is red, green, blue, violet, rose, indigo, orange, yellow, aqua, turquoise, and pink. To assess which glasses are correct for frequency specific photophobia, first shine a penlight in each eye with no glasses and observe the patient's response to the light. Next begin having them try on the various colored glasses and again shining a light in each eye and observing their responses. After any photophobia has subsided ask the patient to categorize the discomfort and pain as better, worse, or the same as with no glasses. Conduct this same assessment with all of the colors and at the end there will be a group of glasses that reduced the photophobia symptoms. From this group of glasses, have the patient wear each pair one at a time and preform various activities of daily living such as walking around a well-lit room and looking at electronic devices. Ask the patient which colors resulted in the least evoked symptoms and which colors had the least interference on their activities. While this information will allow you to identify the most appropriate colored glasses for your patient, it is important to consider that various environments may be lit differently, and the most appropriate glasses may vary based on the environment. It is recommended that the patient have multiple pairs of various colored glasses in the event the selected pair is not adequate in a specific setting.

Patients experiencing symptoms from the photophobia often experience rapid relief with the right color of glasses. Such rapid relief puts the use of colored glasses for treating frequency specific photophobia as a feel better strategy. Patients often strive to wear them all the time. It should be noted that some local laws restrict the use of colored glasses when driving. As the photophobia or photosensitivity subsides the patient will become less dependent upon the glasses as well. Thus, the duration for their use is empirical based on symptom resolution.

As a common symptom post-concussion or mTBI, photophobia can negatively impact patient's quality of life however, with the correct intervention strategy is often possible to mitigate or minimize. While sunglasses, hats, and media limitations serve as useful mitigation strategies, they are not always applicable in all settings which provokes symptoms. The use of colored glasses to mitigate photophobia symptoms is a great tool to help patients feel better, return to common daily activities, and are very easy to determine the correct color for the respective patient.

## “HOW TO” – Multicolor Hula Hoops – Pitch & Catch

Pitch and Catch drills are a staple of our NVT paradigm because they allow us to engage a lot of different multitasking functions between multiple systems. Using two multicolor hula hoops we train eye hand coordination for athletes and post TBI patients. In this issue we will describe the methods used for the multicolor hula hoops. The hula hoops used are standard 3-foot in diameter hula hoops and are assembled in such a way that there are usually 3 different colors arranged in “2s”. To clarify, the hula hoops are made up of six individual components, 3 colors in total, so 2 components for each color. So when assembling the hula hoops, you would add the colors in series; blue+blue+green+green+red+red.

### *Recommended Protocol:*

1. We start by tossing one hula hoop with minimal spin to the person such that the hula hoops colors don't change too spin away too quickly. The person catches the hula hoop. Generally, we are separated by about 12 feet.
2. Once we establish that the person can catch with one hand, we have them do the same with their other hand.
3. Next, we have them catch the hula hoop, but we will call one color for them to catch. So, they catch the hula hoop on the color called out. Make sure to call the color in the air, if that is too difficult, then it is okay to call the color before I throw the baton.
4. We alternate hands so that the person demonstrates they can catch the baton on the color called (preferably called in the air).
5. As they progress, have the person keep their eyes up on their partner's nose, attempting to isolate their peripheral vision, and catch the hula hoop. Once this is established, tell them that you are going to throw two hula hoops at the same time and they are to catch the hula hoops on the colors called with their eyes on you, using their peripherals.
6. If the task proves difficult one can progress the difficulty in easier stages and push as tolerated.
7. Further progression of the task is achieved by throwing the hula hoops at different angles and/or with faster spin. The skill of the thrower begins to be a factor. So, some practice and consistency are needed.
8. Adding a balance aspect with an aerex, bosu or mini tramp can be done too.

## Announcements

A lot of people in the neuro-visual training community have asked us what nutrition or supplements we recommend. For years we've recommended three compounds as good for brain health. Finally, a company has taken these three compounds and put them into one product; Tricerapro™. If you are interested in finding out more or how to purchase some Tricerapro please visit; [www.tricerapro.com](http://www.tricerapro.com). Try Tricerapro, it is your brain's new best friend.

Congratulations to the University of Cincinnati football team who have just made history being the first Group of 5 team to make the college football playoffs! The #4 Bearcats are slated to play #1 Alabama in the semifinals on December 31<sup>st</sup>.

As always, if you're interested in learning more about Inneuractive, our mission, our products and service offerings, or just Neuro-Visual Training in general, please click the following link: [www.inneuractive.com](http://www.inneuractive.com).

Have suggestions for a future issue? Please reach out to [clarkjf@gmail.com](mailto:clarkjf@gmail.com) or [info@inneuractive.com](mailto:info@inneuractive.com) and we will do our best to include your request in the future.