

# FRIENDS OF NVT

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OFFICIAL NEWSLETTER OF INNEURACTIVE



WHAT'S IN OUR LATEST ISSUE:

## INTRODUCTION

Welcome to Issue 8, Volume 8 of the Friends of Neuro Visual Training Newsletter! Our mission is to provide you with the latest insights and news regarding NVT and its benefits in preventing injuries, facilitating rehabilitation, and enhancing overall performance. We also aim to provide actionable instructions to incorporate into your training, practice, and daily routine at no cost.

In this issue, we will gain insight into new author and newly certified CL1 trainer Robert Hasselfeld and his journey with Neuro Visual Training.

Additionally, our How To section will provide instructions on using accommodative flippers for training.

We hope you find this issue informative and continue to support our mission of promoting the benefits of NeuroVisual Training.

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- Introduction
  - Interview with Robert Hasselfeld - Esha Reddy
  - How To: Accommodative Flippers - Dr. Joseph Clark, Ph.D.
  - Announcements
  - Disclaimer



@FriendsofNVT

# Interview with Robert Hasselfeld

## **What is NeuroVisual Training (NVT) to you?**

To me, NVT is the future of sports performance and athlete development. It is the next level for sport-specific performance training and could be a catalyst for goalkeepers in Ohio to separate themselves from the rest of the world.

## **How did you become involved with NVT? Why did you begin working as an NVT trainer?**

I first saw Dr. Clark and his NVT methods back during my time playing soccer at the University of Cincinnati. While our coaching staff and players didn't pursue the training, I was post-shoulder surgery and constantly in the training room. I became fascinated with the Dynavision D2 Light Board and all it could do to enhance my performance. Not only that, but I was able to witness new styles of drills using simple tools, like flashcards. I immediately saw the application to my sport, specifically with my craft. I've been running a goalkeeper academy for the past 5 years and becoming an NVT trainer was a no-brainer. It adds tremendous value to my sessions and allows me to identify visual deficiencies in my players very early on.

## **How did you become involved with Inneuractive?**

I became involved with Inneuractive through meeting Dr. Clark and staying in contact with him throughout the years. I did my senior capstone with Dynavision and after graduating and playing soccer in Europe, I came back and started up the goalkeeping academy and a bakery. Post-Covid, I began a consulting company and worked with several clients in the medical device field. My entrepreneurial background has led me to be in this position and I'm extremely lucky to be a part of this team and company.

## **As a performance coach, what aspects of NVT do you find the most impactful?**

The most impactful aspect of NVT is that it's quantitative. As a performance coach, metrics allow us to objectively measure athlete progress, now the same can be done to measure a player's visual and cognitive abilities.

## **What types of people have you worked with or personally trained using NVT? What did/do they think about NVT?**

I've primarily used NVT with the goalkeepers I work with at the academy. We use it more as a warmup and supplemental training. I will occasionally blend NVT into a goalkeeper specific drill to add another level and push the athlete both mentally and physically. The goalkeepers who have pursued this training are becoming advocates for the benefits and are wanting to pursue it more in-depth as they see it positively impact performance.

## **How hard or easy is it for you to integrate NVT into your coaching?**

It's extremely easy. The only limit is your creativity and imagination!

## **Who, what athletes, do you think could benefit from NVT?**

All athletes can benefit from NVT but not just athletes, people of all ages, skill levels, and lifestyles can benefit from NVT.

## **You've recently become a CL1 certified NeuroVisual Trainer. Congratulations! Who do you think might benefit from becoming CL1 certified?**

Thank you! Honestly, anyone in a coaching position should explore becoming CL1 certified, no matter if it's team sport or individual sport. NVT is fully customizable and can be tailored to be sport specific. It will allow you to expand your practice, maximize your training, and provide safer play for your athletes.

# “How To” – Accommodative Flippers

Accommodative flippers are a means by which the accommodative (focusing) systems of the eye can be trained and strengthened. This therapeutic tool consists of a handle with two sets of lenses in them. The power of the two lenses varies according to needs. These accommodative flippers are often sold in sets of multiple flippers with multiple different accommodative powers in the lenses. Under the guidance of an eye care professional, the subject’s safe accommodative lens pairings are determined.

Please note that with age accommodation goes down. Generally, above 45 years of age accommodation is limited and the range of strengths for accommodative flippers will decrease constitutively. Accommodative flippers can be done with near targets, far targets and a combination therein.

For this example, let’s consider that you are going to do accommodative flippers at 10 feet using a 10x10 Hart chart with Arial 40 font. If you have made the decision on the distance at which you wish to train accommodation, based on client needs, you will need to determine the strength of the flippers. If an eye care professional has given you a range or a recommended strength use those. If not, you can determine the strength empirically.

Have the person stand 10 feet from the target Hart chart. Without the accommodative flippers have them confirm if they can or cannot read the alphanumeric without difficulty. This is generally done with best correction as appropriate. Choose a flipper power. For this example, we’ll start with  $\pm 0.50$  flippers. Have the person look through the  $-0.50$  lenses. Does the image look better, worse or the same compared to without flippers? Have the person look through the  $+0.50$  lenses. Does the image look better worse or the same compared to without flippers. What you are looking for is a pair of conditions where the person can accommodate and recognize the alphanumeric. If the person finds all the above easy, progress to a stronger power. If the person finds all the above hard, progress to a lower power. You want to find and use two powers (including no flipper lenses) that alternate between relatively easy to accommodate to and can see but takes a brief period of time to get the image in focus. Then you want the person to be able to alternate or flip the flippers.

Determine the settings you want to use, and if you are wrong, you can change them later. Give the patient one of the flippers from the set (Figure) and instruct them to read numbers and letters at 10 feet.

For example, this task can be done with horizontal or vertical saccades. The patient changes the lenses (flips them) each time they have seen, obtained focus (accommodated) and called out a pair of alphanumeric on the saccade chart. If they are doing a 1-page Hart chart at 10 feet they read the top left and top right alphanumeric, flip, read the top left, down one and top right down one, flip. This continues until they complete the task. This is done until the sheet is completed or for 1-minute block. Scoring is done via time to completion or the number of loops per minute.

The distance from the patient to the chart can change from session to session as can the power of the lenses in the flippers. It is critical that the patient be advised to obtain clear focus of the object before moving on.



Figure. A representative image of accommodative flippers. The patient can see out of the lenses (left side would be one power and right side would be another power) and flip them by rotating the handle (or raising them up and down) to progress through the exercise.

## Announcements

We are excited to welcome our newest addition to our editorial team, Robert Hasselfeld! Robert is a certified CL-1 trainer, performance coach, and NVT trainer. We look forward to creating more exciting NVT content!

Check out what our client has to say about Inneuractive’s NVT efficacy! <https://www.google.com/maps/reviews/@46.423669,-129.9427086,17z/data=!3m1!4b1!4m6!14m5!1m4!2m3!1sChZDSUhNMG9nS0VlQ0FnSURSM3FpUkV3EAE!2m1!1s0x0:0x6869204cf51c1129?hl=en-US>

Exercise is key for maintaining physical and mental health. Studies show that it positively affects health even if started later in life. Some suggest that exercise improves cognition! <https://flip.it/HWZKB7>

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.