

Kraskin: "Vision is motor"

Kraskin Invitational Skeffington Symposium on vision 2021

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Quotes from a course with Kraskin

- Visual processing involves the whole body
- The Eye is the input to the system
- There is no effort in the eyes, there is effort in the body

Quotes from Harmon

- The place played by posture and movement in visual process cannot be ignored in constructing a satisfactory conceptual model of vision

Quotes from Sutton

- The role played by posture and movement cannot be ignored
- Visual problems are products of interference or inadequacy

Quotes from Getman

- General movement patterns is a primary process and lays the foundations for all performance and learning
- Movement is learning

Quotes from Wachs

- Movement and thinking is interpedently

Quotes from Gesell

- ...movement of vergence are horizontal, vertical and circular. During development they are brought into functional relationship with a vast majority of movements of the body as a whole

Today's children

Mothers work at computers and do not move enough, so the unborn child doesn't get enough opportunity to develop the vestibular system, which is necessary for development of ocular movements.

After birth the children are laid on their back and do not get enough tummy time, to develop sufficient control of head against gravity, and learn to control balance muscle tone and proprioception.

I have met many children who are unable to lift head, arms and legs while they are on stomach. This is a sign that they lack the ability to fight gravity, which makes their development of visual abilities incomplete.

Today's children

As soon as they can hold an iPad or a phone and look at movies, the children are inactive and don't move enough to develop eye hand control and balance.

Vision Training of Future?

- Using computer devices at arms reach sitting on a chair?
- Eye ball training to build vergences to be able to look at a computer the wake hours of the day?

Question?

- Does "computer training" help?
- Or do we get more and more people with headaches, brain fog, fatigue syndrom etc.?
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Or

- Do we need to listen to Gesell who says there is a functional relationship between movements and learning.
- Meaning we have to include much more movement in the therapy than we already do.
- Think of all the concussions we meet now. They are not able to do vision therapy on the computer. They need a lot of integration movement to recover.

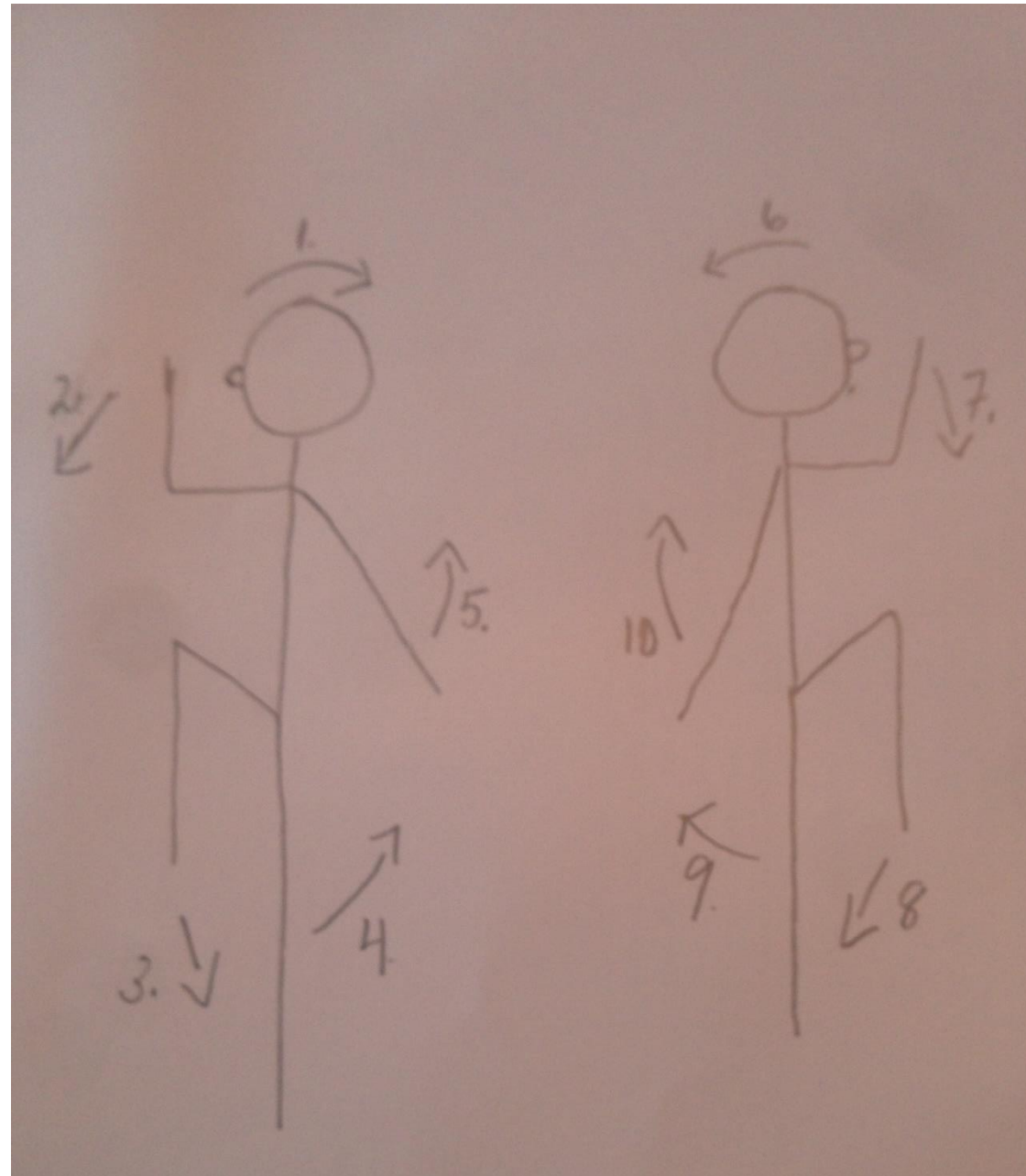
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Or

- Make sure that the foundation for vision is ok
- Do vision therapy with as much movement as possible.

- Life saver cards together with turns and movements
- Ap roler together with walking rail
- Reading Hart Chart with rope jumping
- Marsten Ball with turns
- And so on, use movement in most of your therapy exercises

Don't forget the foundation, for example TTNR



TTNR

- Head control
- Integration of vestibular and the neck
- Gives freedom in the neck
- Gives freedom in the back
- Is a learning process for motoric perception
- Is a learning process for sequences
- Gives the foundation for eye movements free from head movements
- Together with conscious breathing you use timing