

PROPER USE OF STROBE EYEWEAR

Strobe training uses special glasses that flicker the image in and out. Think of this as resistance training for your eyes, or sensory overload. When they are being used, the athlete has to be extra mindful to use their concentration on their visual focus. They add visual resistance to drills the athlete is already doing, and when they are taken off the athlete is able to do things more quickly and accurately.

Work on your specific position skillset (batting, pitching, receiving, passing, shooting, blocking, goalie work, etc.) while wearing the eyewear.

Start at Level 1 (faster flicker) doing a sport specific task. You reach your threshold of difficulty when you have 7+/10 successes. When you are at 10/10 successes too easy.

For example, doing tee work or soft toss, when you hit the ball 7 or more times, you may proceed to Level 2.

Increase levels (slower flickers) at your own pace for more difficulty.

Levels 7-8 are too likely difficult for performance drills and are supposed to be used for stretching and balance and helps with core.

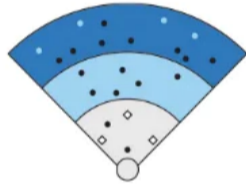
**Never use with live pitcher or pitching machine.*

**You should have a binocular alignment evaluation before using.*

**If you have a history of epilepsy, you should not use this device.*

*Duke and IU studied their two college baseball teams using the Senaptec Strobe and accommodative exercises. Each athlete went through 17 sessions for 30 minutes (10 minutes per exercise). The end result: an average of **41' increase in hit distance** and **9 degree increase in launch angle**, with the batters hitting the sweet spot (25-35 degrees) more often. Results not guaranteed. For best results Dr. Bailey recommends strobe eyewear to be used in conjunction with her 3V Program in order to lay out important accommodative, binocular, central/peripheral, vestibuloocular, and polyvagal foundations in tandem with this sensory load.

41' INCREASE IN
HIT DISTANCE



9° INCREASE IN
LAUNCH ANGLE



SPORTS VISION INSTITUTE