

Inspiration Sheet for Next Level OPK

If you have received instructions from your therapist/trainer, please follow them — for example, whether to stand/sit, use your right/left hand, and which direction the OPK images should move (up/down, right/left).

Always adjust the size and speed of the images so that you are slightly challenged and **do not** experience discomfort.

Sports Balls OPK

The OPK sports balls can be used in the same way as the OPK balloons — see the inspiration sheet for the Basic Package.

Near/Far Eye Jumps

If you have OptoSense available on both an iPad/tablet and an iPhone/Android, you can train Near/Far eye jumps.

Place your iPad/tablet 3–5 meters in front of you and hold your iPhone/Android in your hand. Now alternate your focus between the iPad/tablet and the iPhone/Android.

Peripheral Vision Training

Preparation: take screenshots of all 8 sports balls and print them.

1. Arrange the pictures in a circle around your device.
Keep your focus on the OPK roll without shifting your gaze from the screen. When you focus on, for example, the tennis ball, use the hand closest to the printed tennis ball around the screen to briefly touch that image — and continue with the next sports ball appearing in the OPK roll.
 2. You may need slightly larger printed images of the 8 sports balls.
Place them in a circle on the floor around you.
Keep your focus on the OPK roll without shifting your gaze from the screen. When you focus on, for example, the tennis ball, use the foot closest to the printed tennis ball on the floor to briefly “step” on that picture — and continue with the next ball appearing in the OPK roll.
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Coordination OPK

1. Focus **only** on the stars and ignore the squares.
When the star is centered on the line, clap both hands on the tabletop or on your thighs.
When the star is on the left side, clap only with your left hand; when it is on the right side, clap only with your right hand.
 2. Focus **only** on the squares and ignore the stars.
When the square is centered on the line, either tap your toes or lift both heels slightly.
When the square is on the left, activate only your left foot; when on the right, activate only your right foot.
You may also lift your entire foot off the ground, making a small jump when the square is centered.
 3. **Alternate** focus between stars **and** squares so both hands and feet are activated — but still only one “instruction” per line.
Note: You can increase the difficulty by changing the ratio from 1:1 to, for example, 1:2 (focus on star, square, square, star, square, square, etc.).
 4. Focus on **both** stars **and** squares on all lines, so both hands and feet are active for each line.
 5. Create your own tasks — e.g., swap meanings so stars activate feet and squares activate hands.
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Go/NoGo OPK (Red/Green)

1. Only press the Go and NoGo OPK images that match the meaning of their color.
Green indicates “start/go,” which matches the word “Go.”
Red indicates “stop/wait,” which matches the word “NoGo.”
Therefore **only** press the green “Go” and the red “NoGo.”
2. You can modify the exercise so you press the Go and NoGo that **DO NOT** match the color meaning (i.e., red “Go” and green “NoGo”).

3. Combine this with a physical exercise of your choice — for example, clap your hands on the same-side thigh (right hand on right thigh, left hand on left thigh) for green “Go” and red “NoGo”; **AND** cross over (right hand to left thigh, left hand to right thigh) for red “Go” and green “NoGo.”
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Stroop OPK (4 Colors and 8 Colors)

Spend the most time on whichever version challenges you the most.

1. Read the words aloud in English — **note:** the brain must ignore the color of the text.
 2. Say the color of the letters in English — **note:** the brain must ignore the written word itself.
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Arrow OPK– 4 Directions (Red/Green)

The OPK arrows can be used in many ways — you decide which body or eye movement to pair with each arrow direction.

For all three types of eye exercises below:

- When the arrow is **green**, perform the task in the **same** direction as the arrow.
- When the arrow is **red**, perform the task in the **opposite** direction.

VOR OPK (Vestibulo-Ocular Reflex)

Keep your eyes focused on the OPK arrows while making small head movements in the direction indicated:

1. When the **upward-pointing** arrow is **green**, keep your eyes on it and tilt your head slightly upward, then return to neutral.
2. When the **upward-pointing** arrow is **red**, keep your eyes on it and tilt your head slightly downward, then return to neutral.

Eye Saccades (eye jumps)

Keep your head still and move only your eyes in small “eye jumps” in the direction indicated:

1. When the **upward-pointing** arrow is **green**, move your eyes **upward**, then back to neutral.
2. When the **upward-pointing** arrow is **red**, move your eyes **downward**, then back to neutral.

Head Saccades

Move your head and eyes together in the direction indicated:

1. When the **upward-pointing** arrow is **green**, move both head and eyes **upward** together, then return to neutral.
2. When the **upward-pointing** arrow is **red**, move both head and eyes **downward** together, then return to neutral.

Arrow OPK – 8 Directions (Black)

The OPK arrows can be used in many ways — you decide which body or eye exercise to pair with each arrow direction.

Here are three ways to perform eye exercises:

1. VOR/aVOR (Vestibulo-Ocular Reflex): Keep your eyes focused on the OPK arrows while making small head movements in the direction indicated.
2. Eye Saccades: Keep your head still and move **only** your eyes in small jumps toward the arrow's direction.
3. Head Saccades: Move your head and eyes **together** in the direction indicated.

If your therapist/trainer has instructed you to train specific VOR/aVOR movements — e.g., only the right or left inner ear — then only perform VOR/aVOR when the arrows indicating those instructed directions appear on the screen.