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710502 Z-Axis Accommodative Rock Chart – Paper Distance chart

These Z-axis Accommodative Rock Charts are simple tools to help patients develop accommodative facility and control. They can be prescribed as simple home-based exercises to help patients experience responsibility and control over their focusing mechanisms.

By arranging a distant chart and a transparent near-card directly in front of one another, the patient becomes aware of the ability to shift the accommodative plane of focus from distance to near, and to any point in between. As they bring one plane into focus, they are able to observe the other plane blurring out of focus simultaneously. This arrangement isolates the z-axis from the x- and y-axes, high-lighting the focusing mechanism as a distinct experience from eye-tracking.

These charts can be provided as home exercises through primary care optometrists, or as a component of a vision therapy program. It provides a learning experience for patients with accommodative dysfunctions as well as emerging presbyopia.

Patient-oriented instructions are included.

Instruction set and charts developed with Samantha Slotnick, OD, FAAO, FCOVD.