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Hart Chart Instructions

Equipment: Hart Chart distance and near, tape.

Purpose:

- 1). Increase accommodative flexibility
- 2). Saccadic training

Procedure: 1). Patient is seated or standing 6-8 feet from the wall, with large chart taped to the wall at eye level.

Patient holds the small chart in his/her hand at eye level so the top line of distant chart is just visible over the top of the near card. Patient then shifts focus from near to far repeating each letter, which should be clear before moving on. **This is usually done monocularly.**

Advanced steps for 1)

1. Increase the distance to the far chart.
2. Decrease the distance of the near chart to the patient's eyes.
3. Increase the speed.
4. Add rhythm.

Procedure: 2). Place chart on wall at eye level. Patient may be seated or standing. Look at the first letter "O", while being aware of the last letter "E". Shift your eyes directly to the near "E". While looking at the "E" be aware peripherally of the first letter on the next line, the "Y", and then shift to the Distance "Y". When you get to the bottom, begin again, this time with the first letter of the 2nd column and shifting to the first letter of the 7th column. Repeat with the 3rd & 6th, and 4th & 5th columns. Central vision is directed by peripheral cues. By being consciously aware of the periphery, the goal is to have the eye movements become more direct and efficient.

Advance steps for 2)

1. Increase the speed of the shifting from side to side, allowing the peripheral expanded awareness to become more automatic.
2. Change the distance from the chart, in some cases, further will be more difficult, in others, closer will be harder. Try both.



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Hart Chart – small chart

OFNPVDTE
YBAKOEZX
ETHWFMBP
BXFRTOSC
RADVSXPO
MPOEANCF
CRGDBKEA
FXPSMARG



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Hart Chart – large chart

O F N P V D T E
Y B A K O E Z X
E T H W F M B P
B X F R T O S C
R A D V S X P O
M P O E A N C F
C R G D B K E A
F X P S M A R G