



1.) Importance of Assessing & Integration of Peripheral Vision/Awareness

- How it influences neurological output for movement control
- Focus on reducing excessive protection from nervous system
- How peripheral vision influences stress & movement variability

1.) Robustness & Peripheral Vision

- How peripheral vision can positively impact predictive control
- Link to sensitivity, muscle tone, and movement strategies

2.) Our Two Visual Processing Routes

- The eyes as the fifth extremity
- How visual stimuli travels to the brain
- How different routes carry different visual information

3.) Applied Neuroscience of Visual Feedback

- Central vs peripheral vision
- Load tolerance of visual receptors
- Importance of increase end-range tolerance of visual receptors

4.) Peripheral Vision and its Link to Conscious & Subconscious Movement

- How peripheral vision influences the interaction between body segments
- Rehab & treatment implications

5.) Practical Assessment Strategies

- How to help the client understand through appropriate education
- Practical peripheral vision assessment and using findings to guide treatment integration
- When to incorporate into your treatment progressions

6.) Practical Treatment Strategies

- Strategies to integrate midline or “core” training with peripheral vision
- Adding upper extremity movement to challenge peripheral vision
- Quadruped progressions with peripheral vision to drive reflexive midline control
- Limb-based isometric strategies with peripheral vision to drive reflexive limb control.
- Adding coordination, speed, and load to progress treatment strategies