

## Appendix 6: Mobility Training for the Monocular Patient

Purpose: To maximize the reduced visual field by eye movements and turning ones head more frequently and further than was needed previously when the patient was binocular.

As you look forward while you walk, you now have a decrease in side vision. Move your head back and forth more often and especially before you make any sudden changes in direction. You should always turn your head first before you turn and change direction.

- I. First walk with someone on the same side as your Seeing Eye. Then shift and walk with someone on the side of your non-seeing eye. You need to move your head to see them. Recommend either slowing down to let the person pass, or change sides and walk with someone on the side of your Seeing Eye.
- II. This also pertains when you are sitting at a table with someone. Try to position yourself so that the other person is sitting on the side of the Seeing Eye. Also, food servers may approach you from the side of the non-seeing eye. Remember to always look towards the direction of the non-seeing eye before making any gestures or movements in that direction.
- III. Stairways: Keep your hand on the handrail and watch for the last step by feeling ahead with your toe.
- IV. Curbs: Using relative motion, keep your eye on the edge of the curb as you approach it. If you observe more relative movement against the background of the street's surface, the curb is higher than if there is less relative movement as that observed with a shorter curb.
- V. Street corners and crossing the street: Make sure you look both ways before and at the very last moment before attempting to cross the street. Be alert to one way streets and street corners where automobiles can make either a right or left turn.
- VI. Revolving doors—Avoid these for safety reasons. Use stationary side doors.