

Dr. Andrew P.T. Gregory
Board Certified: Chiropractic Neurology

Hemifield Visual Stimulation

The “Hemifield Stimulation” program uses the visual system to stimulate specific areas of the brain. Light striking different portions of the retina in our eyes takes different pathways to the thalamus and brain. By altering the color (wavelength) of the light, the size of the squares and the blink frequency, we can control the amount of stimulation to specific portions of the brain during the exercise.

Because the settings are specific to your particular examination findings it is important to follow the directions below very carefully. Do NOT attempt to alter or modify your prescribed settings in any way without discussing things with Dr. Gregory first. As with any form of stimulation, too much of a “good” thing can be just as detrimental as using the wrong settings. Before dispensing the program, we monitored your response to treatment by measuring your heart rate, respiration and/or blood pressure to make sure your nervous system would tolerate the therapy. Because your settings are customized to your personal examination findings, having bystanders look over your shoulder during the exercises should be discouraged. Persons with a history of seizures should not use the program at home unless directed to do so.

You should perform your exercises _____ times each session.

You should perform _____ sessions each day.

When using the “checkerboard” form of stimulation, you should focus your attention on the center of the screen, so that the flashing pattern is in your peripheral visual field.

When using the “pointer” setting for visual tracking exercises, follow the ball with your eyes as it moves across the screen.

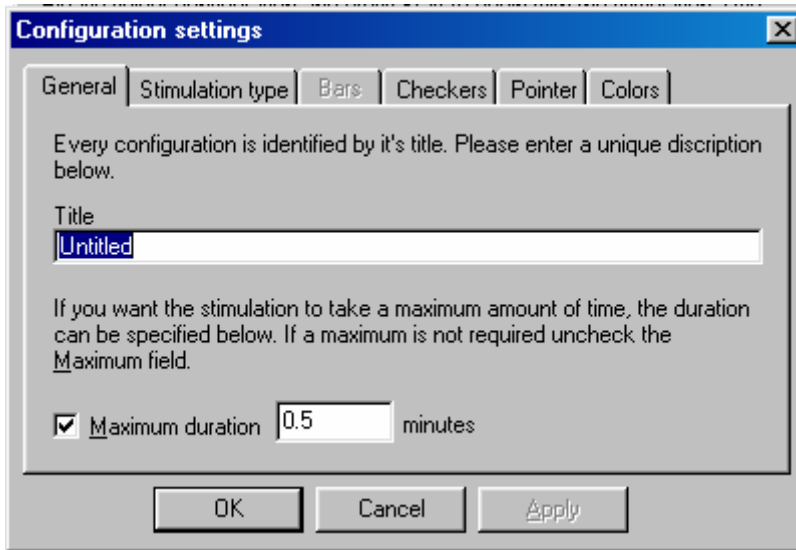
Stop the exercises immediately if you experience any headache, dizzy or nauseous feelings. Do not resume using the program until discussing your symptoms with Dr. Gregory. You should also stop if you experience any eye tearing, which is usually a sign of fatigue, but you may resume the next session of your prescribed treatment. If you need to stop the program at any time, press the Escape (“Esc”) button in the top left corner of your keyboard.

If the program you set up at home looks different than the one we used at the office, check with us before using the program.

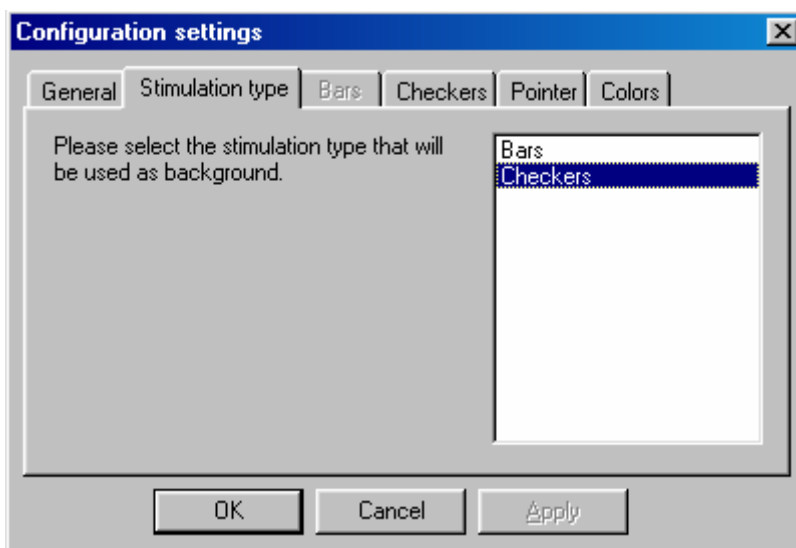
Hemifield Visual Stimulation

Set Up:

After loading the CD, open the program by going to the “Start” button, and then the “Program” menu. Click on “Hemistim” and the main page will appear. Click on the “Advanced” button to create a personalized program. It will ask you to create a password to protect your settings. Type in your password (such as your name) and click “Okay”. The advanced menu will appear. Click on “New”, and the following page will appear:

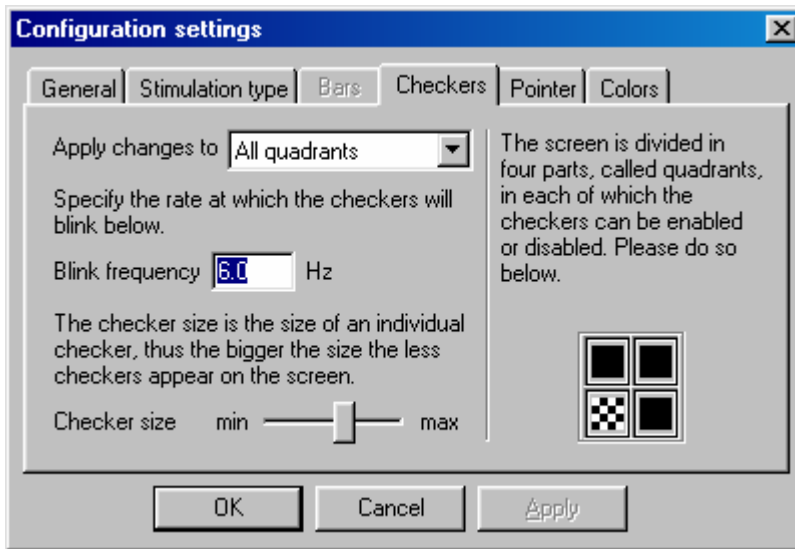


On the “General” tab: 1) Create a **title** for your program. 2) **Check** the maximum duration box. 3) type in **0.5** minutes. Select the “Stimulation type” tab and click on the “**Checkers**” choice.

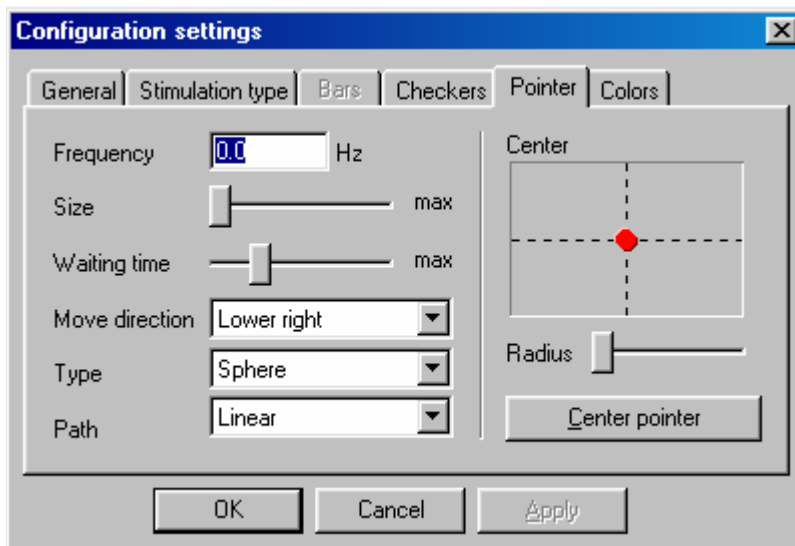


Set Up Continued:

Select the “checkers” tab. Apply changes to **All quadrants**. Choose a blink frequency of **6.0** Hz. Slide the checker size bar so it is **half way between** the min and max ends. Click on each of the four quadrants of the square to add or delete a quadrant from the screen until it resembles what was recommended for you.

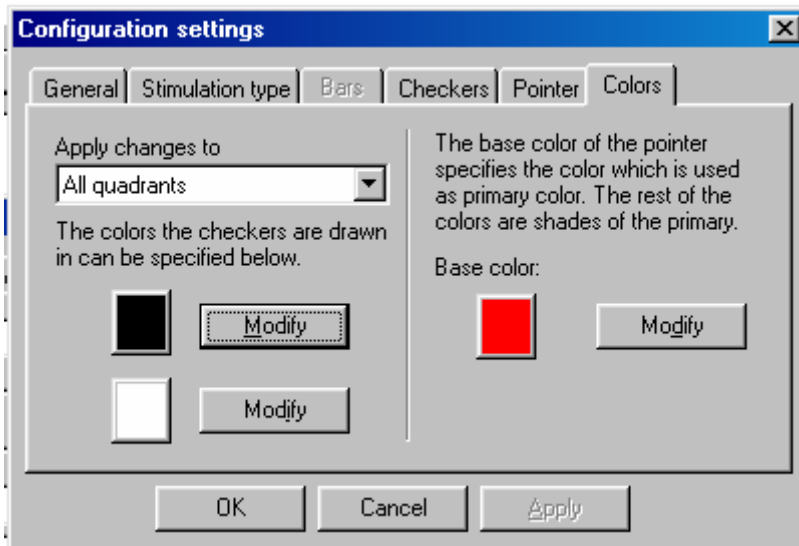


Select the “Pointer” tab. Change the Frequency to **0.0** Hz. **Slide the size bar** as far as it will go to the left (minimize). Slide the Radius bar all of the way to the left (minimize). Ignore the rest of the settings on this tab.



Set Up Continued:

Select the “Colors” tab. Apply changes to **All quadrants**. Click the Modify buttons to change the 2 square colors on the left to **Red** and **Green**. Modify the base color to **White**. Click “Apply” to save your settings. Click “Okay”.



The program should bring you back to the opening page. When you want to run the program, click on “**Start**” each time.