

## Brock String

### Description

In spite of its modest appearance, the [Brock String](#) is a powerful tool for developing vision. It consists of a sturdy string strung through a number of brightly colored beads. The therapist guides the client through varied exercises that require the beads be viewed at varying distances, and generally in some sort of sequence.



A typical Brock String with three beads. Other strings are longer with more beads.

The Brock String is inexpensive to make and yet it becomes the basis for some wonderful activities, helpful in developing visual skills. Brock Strings are used to

1. Create awareness of space and depth.
2. Increase the range of motion of the eyes, especially inwards and outwards movements (convergence and divergence, respectively).
3. Increase accuracy and range of targeting.
4. Improve scanning ability.

The Brock String posts include:

- [Introduction](#) – This post.
- [Physiological Diplopia: When seeing double is correct.](#)
- [ROM OKR Pursuits 1](#)
- [ROM VOR Pursuits 2](#)
- [Bug On String](#)
- [Basic Brock: Jumps Near Range](#)
- [Far Range](#)
- [Near-Far Rock](#)

- [Saccades](#)

You should study all notes relating to Brock String activities prior to attempting them. Always follow the guidance of your optometrist. Do not exceed what clients can comfortably tolerate.

### **Category**

1. -VESTIBULAR / BALANCE

### **Tags**

1. accommodation
2. activity
3. brock string
4. convergence
5. vergence

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