

## A Tracking Problem?

Read the following paragraph out loud in the direction of the arrows. Start at the bottom of the first column and go up to the top, then on the next column start at the top of the column and read downwards. On the third column start reading at the bottom and read to the top of that column. Continue reading out loud the remaining sentences in a similar manner.



h a e a t h u s w d o r p w i e a h a e a  
v l r a e d o o o f e l r l r d v l r  
s i c l e t o n r t e a o l l . s i c l  
i n y m t h a d h B p c c a o i n y  
g s w e s s o h i e u h t R g s  
t r a s o s r s . r m . o n s d a e t r a  
u d e n l r d e u e o n a s i v t a u d e n  
b i t d l d e f n H o w d i h v e p d b i t d  
f t e s e i i o h o c c t i m i f t  
t f e w t n n l m r o s e o d t e n t f e w  
h i l e m g e o k t m n o t g h i l e  
g c e o e e s w w a r i t g c  
i u l h h v h r p o t t s n l e e a r i u l h  
s l a a S e s i r h e d a a e x a . s l a a  
t u v t k k s a t u d h e r t s t u v  
0 i d e . o d o s e t u s s i t r i e r 0 i d e  
2 e i e n n i k n i i n t e e 2 e i  
/ s v b n a k e s a t i g v g , h d f / s v b  
0 i e i t e h t a m h . d s t e f 0 i e  
2 r d e f h g e S f k t e e i c u 2 r d e  
e n n e n p r e e y t l p g n r s e n n  
s a i s i u h s t w a f o n i e s a i  
a d t i p d h s s r o r l i a n a d t  
h i e o a a e t h i r a n e f t s o h i e o  
n h l n g e r . r d e h d p o v i r e i n h l  
d g t d o e r e a n r t s e t e c o s s d g t d  
l . i p s t a , s d a f n l .  
i e t s w s l i i f y e n f a e i e t  
h S e h i h i a w n r r l t a f y t e n h h S e h  
c h s a v i c r g e i n h f l l d e c h s a  
e t l e e e h e o e s i t y e r e t  
y n r e h h f n r i c n r c p y n  
M c a h e s o t o r d s e i e m o o m M c a h



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This exercise simulates the amount of effort an individual with a tracking difficulty exerts when trying to read. Does it make sense that a child with poor eye movements will have more difficulty than a child with good eye movements? Optometric vision therapy can remediate these inefficient visual skills and make the child more receptive and ready to learn.