

SPORT CONCUSSION - Binasal Occlusion

Purpose of Glasses Taping: To remove portion of our vision where the images from the two eyes overlap; this reduces visual ‘background’ noise. This helps our eyes to work independently, rather than struggling to work together post injury. Our brains tend to focus on the overlapping part of the images that are misaligned, limiting effectively focusing on anything else.

Additionally, taping eliminates the portions of our central focal vision, promoting increased use of the spatial visual system to assist in visual processing.

Materials Required:

- Dollar store frames, with lenses popped out; or the patients’ own reading/regular glasses.
- Translucent tape (cloudy); Transpore tape works well.
- Apply tape to glasses, approx. 1cm on either side of the nose. Tape may be angled slightly (wider at the top).
- Patients may use this for a variety of activities; including reading, TV watching, and computer use. Patients may also benefit from using taping to help in busy environments such as the grocery store (tape may be applied to the inside of the lens on a pair of sunglasses so it is less noticeable).

