

Patient Instructions

Vision is integrated in more than 55% of brains' pathways. Visual symptoms are common following acquired brain injury (ABI), and many of these symptoms affect individual's reading and work performance. Research has demonstrated that oculomotor, or eye movement, disorders can be treated and improved with eye movement rehabilitation. The **K-D Recovery Acceleration Program (K-D RAP)** improves saccadic accuracy and speed, thereby enhancing reading performance.

Visit the RAP website at **app.recoveryacceleration.com**. Log in with your

Username: _____ **& Password:** _____

Your Starting Practice Speed is: _____ **numbers per minute**

You may also practice on the **K-D RAP Practice App for iPad**



- ✓ Download the K-D RAP Practice App from the iTunes App store.
- ✓ This is a companion application and available with compatible sized iPads.
- ✓ The K-D RAP Practice App requires an internet connection when logging in.
- ✓ RAP practice using the K-D RAP Practice App automatically syncs with your account to save your practice sessions, both on the iPad or on a computer.

K-D RAP Practicing Tips:

- **Practice Accuracy Check:** This new feature uses your device's microphone and speech technology to provide automatic accuracy estimates during K-D RAP practice.
- **Posture:** Sit with good posture and center your screen at arm's length from the computer or at an appropriate reading distance (e.g. 16 inches) if using an iPad.
- **Head Position:** Try to keep your head still and let your eyes track the moving numbers across the screen.
- **Rapid Number Naming:** Say each number out loud as it appears on the screen. The goal is to achieve the fastest speed (numbers per minute) with no errors.
- **Adjusting Practice Speed:** It may take a few trials to find the ideal practice speed. If you are having difficulty keeping up, adjust to a slower speed. Once you're able to see and say all numbers presented without difficulty and 100% accuracy, increase the speed by 5 numbers per minute at a time.
- **Protocol:** If 20-minute sessions worsen your symptoms or if 20 minutes is too difficult to incorporate into your schedule, consider modifying the session length based on ability and symptoms (i.e. 5-minute sessions twice per day, 6 days per week).
 - If RAP exacerbates symptoms, consider practicing in the evening before bed or prior to a nap in order to rest after a practice session.
 - Take frequent breaks during Practice especially if you experience a worsening of symptoms like headaches or eye strain. When one Practice round ends (3 Test Cards have been completed), you will have the option to continue or stop practicing. Use this time to look away from the computer screen, stand up, stretch, and then resume Practice.
- **Goals:** Follow your practice goals set by your doctor to reach your fastest speed and highest accuracy.

Technical Support: If you encounter technical difficulties or need assistance loading the program, please email the K-D support team at RAPsupport@kingdevick.com.

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