



Let's Talk About Contrast Sensitivity

What is contrast sensitivity?

Contrast sensitivity is the ability to distinguish between an object and the background behind it. This differs from visual acuity, which measures your vision's clarity at a distance. You can have excellent visual acuity but reduced contrast sensitivity and vice versa.

Why should athletes measure contrast sensitivity function?

Measurement of contrast sensitivity function has been recommended in athletes because many sports involve visual discrimination tasks in suboptimal lighting owing to environmental variability, and athletes must make judgments about objects that are in motion.

Some sports vision experts believe contrast sensitivity provides a better indicator of visual sharpness than visual acuity, which measures vision quality using perfect contrast in examining rooms with black letters on a white background. Specifically, visual acuity measures how well one can see a black cat on white snow, while contrast sensitivity ascertains one's ability to see a white cat on white snow.

Can you improve your contrast sensitivity?

You can improve contrast sensitivity by wearing yellow-filter glasses or by taking a medication called Brimonidine. They are a special type of glasses that improve contrast sensitivity by reducing the light intensity entering the eye,

therefore increasing the contrast of an object. They are especially helpful in foggy or misty conditions.

In addition, there have been studies that indicate contrast sensitivity can be improved through video game playing. [You can read about it here.](#)

Please continue reading for more information regarding contrast sensitivity. Thanks for reading!

Vision Training Articles

[Visual acuity and contrast sensitivity testing for sports vision](#)

[The Evolution of Sports Vision Science in Professional Athletics](#)

[Unlocking Athletic Success: 7 Essential Secrets](#)

[6 Effective Ways to Train Your Visual Skills for Sports](#)

HTS NEW Products

[The Official Sports Vision Pros Essential Training Kit](#)

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3. 20'
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- Ball5.
(8)
Colored
and
numbered
bean
bags
- 5. (1)
Target
Chart
- 6. (1)
Set
of
ACE
charts
- 7. (1)
Arrow
directional
chart
- 8. (1)
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The Official Sports Vision Pros Advanced Training Kit

SVP Advanced Kit includes the following:

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Vision
Ring
3. 20'
Alignment
String
 4. (2)
Vector®
Balls
 5. (8)
Colored
and
numbered
bean
bags
 6. (1)
Target
Chart
 7. (1)
Set
of
ACE
charts
 8. (1)
Arrow
directional
chart
 9. (1)
Tracking
ball
 10. (1)
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Pickleball Training Kit

Introducing the HTS Pickleball Training Kit. This kit includes our VT Pickleball Paddle for increasing your accuracy, training laces for increasing your strength, a Brock String for improving your vision, our Chart Kit to improve several aspects of your vision, our tried and true vision ring for tracking improvement and our comeback ball for reaction training. We will be releasing a video soon to show you how we use it.



\$125.00
per kit



Neurotracker X

Howell to Sports can now offer you, as an individual, or your organization one of the most effective cognitive performance training tools on the market. **Take a look at our [download page](#)** for all the information you need regarding Neurotracker X.

If you are interested in an individual or organization package, please contact me at ed@howelltosports.com or call me at 856-381-8888. I look forward to speaking with you.

The brand new HTS Visual Tracking Kit

Our Basic Visual Tracking Kit includes the following:

- (1) 3 ball vision ring
- (1) 6 ft brock string
- (1) X-Trainer wall chart
- (1) set of four ACE Charts
- (1) Bungee ball

Instructions included both with the package and on our website.



\$49.95

each



Strobe Pro Glasses

Take your Strobe training to the next level with the Senaptec Strobe Pro! The Strobe Pro model comes with 8 strobe patterns built-in, and the ability to customize patterns as desired. You can now block lower and/or upper vision while flickering other regions. This is great for ball handling drills, keeping your head up for better awareness, posture/balance improvement, maintaining balance while in motion, and building situational awareness.

FOR SPORTS

The Strobe Pro is ideal for intermediate level, high school and collegiate athletes, group sessions and return to play training. The split lens settings restrict the field of vision from below or above, which adds a new level of complexity in training. Those participating in dynamic sports such as baseball, basketball, or soccer will benefit from the added challenges and cognitive complexity.

FOR BRAIN WELLNESS

The Strobe Pro is ideal for those who want to benefit from working on different visual pathways. The split lens settings restrict the field of vision from below or above. This is ideal for those looking to work on postural control and gait. By restricting a portion of the visual field, you may prompt the body to adjust alignment in a beneficial direction.

Senaptec Strobe Training challenges your brain in a unique way no other tool can, by enabling you to train the mind and body together. By removing critical visual information, the brain is forced to process visual input more efficiently. This heightened visual capability enhances coordination, anticipation and decision-making resulting in faster reaction times, better ability to focus, and overall improved balance.

Strobe Training Can Improve:

Focus - Keeping the eyes on the target through completion of a task

Timing - Accurate and precise reaction timing

Visualization - Tracking of objects in the mind's eye

Quickness - Quick and accurate execution of a movement

Peripheral Vision - Awareness of your surroundings

Balance - Ability to keep your body in a stable position

\$379.00
each



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