



SVA or DVA - Does it Matter?

If you are an athlete, a retired person that enjoys Pickleball or driving, or someone who enjoys the outdoor life, you need to know the difference between SVA - Static Visual Acuity and DVA - Dynamic Visual Acuity.

SVA is the measurement your eye doctor takes when you go for your yearly check up. After testing your eyes he tells you how close to 20/20 vision you have. If you do have 20/20 vision you are considered "normal". If you have 20/80 vision you probably wear glasses.

DVA is the measure of how well you can see when you or the object you are looking at are moving. However, good SVA is no guarantee of good DVA. And, since most sports involve both you AND the object moving, you need good DVA to excel.

Now, for the good news. DVA can be improved. In the Athletic Eye by Dr. Arthur Seiderman, he says on pps. 16-17:

"Vision experts have learned that, while only a few athletes naturally have phenomenal DVA, most can improve this skill markedly through training exercises.

Please read on to find out how and to see some of the drills and tools we recommend to improve DVA. Thanks for reading and enjoy the rest of the newsletter.

Drills To Improve DVA

Trampoline Drill -

1. Attach one of our [Vision Training Charts](#) to the wall.
2. Set the trampoline 6-10 feet away from the wall.
3. Bounce on the trampoline reading the letters from the chart.
4. To make it more difficult, use a metronome to make sure you call out a letter every second.

Visual Acuity Ring -

1. Toss one of our [Visual Acuity Rings](#) either to yourself or to a partner.
2. To make it more difficult try running and catching the ring.
3. To make it even more difficult, try not opening your eyes until you or your partner throws the ring.

Colored Ball Drill -

1. Use 2 or three size plastic balls for this drill. We use wiffle balls: a golf ball, a baseball and a softball. You also need at least three colors of each ball.
2. Before the drill is begun you decide what to do with each color or size. For instance, if you have 3 different sizes decide to catch one size in your right hand, one size in your left hand and one size with both hands.
3. You can make it more difficult when you incorporate colors as well as sizes. For instance, catch the white golf ball in your left hand, the white baseball in your left hand and the white softball with both hands.
4. Again, try running when you do this drill or keeping your eyes closed until the ball is airborne.
5. Try this using our [binocular vision goggles](#).

Links for DVA Information

[Dynamic visual acuity and methods of measurement](#)

[Training effects on the resolution of moving targets--dynamic visual acuity](#)

[Dynamic Visual Acuity Training](#)

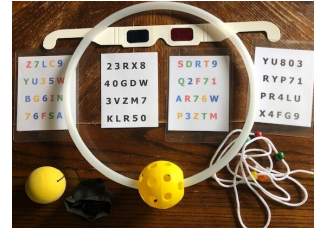
[Blog: Dynamic Vision: The Forgotten Skill of High Performance](#)

[Dynamic vision training transfers positively to batting practice performance among collegiate baseball batters](#)

Products to Improve Your DVA

DVA Pickleball Kit

The DVA Pickleball kit will improve your Pickleball game as well as your Dynamic Visual Acuity. It includes (1) mini vision ring, (1) wrist bounce back ball, (1) 6' Phy-Dip string, (1) set of vision charts and (1) red/blue glasses. Instructions are also included.



\$60 - Call for \$10 OFF - 856-381-8888



A.C.E Charts - \$6

A.C.E. Charts

The HTS A.C.E. (Attention, Concentration Evaluation) chart set helps you develop attention to detail, concentration and speed of recognition. It includes eight laminated charts, one set colored and one set black. It includes an instruction sheet with several drills. This is a great, inexpensive product to improve your concentration.

Senaptec Strobe Training Goggles -

As an athlete, the strobes take your training to another level. The curved liquid crystal lenses provides a full 180 degree field of view allowing users to enhance their visuals skills in the training room, or on the field of play! Improve balance, anticipation, and reaction to gain the competitive edge! These are a must own training aid for any therapy room or athletic training center!



Strobe Goggles



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