```
% Treating every 31st frame as a reference frame
vidReader = VideoReader('./IMG_1667.mov', 'CurrentTime',1);
opticFlow = opticalFlowLK('NoiseThreshold',0.009);
h = figure;
movegui(h);
hViewPanel = uipanel(h, 'Position', [0 0 1 1], 'Title', 'Plot of Optical Flow Vectors');
hPlot = axes(hViewPanel);
freq=31;
for v = 1:freq:vidReader.NumFrames
    frameRGB = read(vidReader, v);
    frameGray = rgb2gray(frameRGB);
    flow = estimateFlow(opticFlow, frameGray);
    imshow(frameRGB)
    hold on
    plot(flow, 'DecimationFactor', [5 5], 'ScaleFactor', 10, 'Parent', hPlot);
    hold off
    pause(10^-3)
end
```



