

# Thumb Pursuits/ VOR Cancellation

**Purpose:** To decrease sensitivity to visual motion

**For your safety:** Stand with your back in a corner. Stand close to a wall but not touching it. Place a chair in front of you if needed.

**Procedure:** Stand with your feet shoulder width apart on **solid ground**. Raise your arm up until it is at shoulder height and look at your thumb nail. Rotate your arm left and right, while moving your eyes, head, and thumb all together.

**Variations:** Progress to rotating your arm up/down or on diagonals.

**Level 1:**

- Perform while facing a plain solid color background

**Level 2:**

- Perform while standing on a foam surface/yoga mat (as shown in picture)



**Level 3:**

- Add visual conflict in the background (ie: patterns, TV on with motion)
- Begin on firm surface, progress to standing on a foam surface/yoga mat

**Level 4:** (Not shown in video)

- Perform while walking in a hallway
- Perform with one eye at a time

**Guidelines:**

- Begin performing this exercise for \_\_\_\_\_ seconds, gradually increasing to 2 minutes, 3 times per day.
- Remember to stop this exercise if symptoms increase by 3 points on a 10-point scale. Wait until symptoms return to baseline before trying again

To view a video demonstration of this exercise visit:

<http://michmed.org/dl0b1> or scan the QR code on the right.



Disclaimer: This document contains instructions for occupational and/or physical therapy exercises developed by the University of Michigan Health System (UMHS). Your health care provider has determined that these exercises are beneficial to you based on your condition at this time. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan, including whether it is appropriate to continue doing these exercises should your condition change.

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