Saccades

Perform this exercise sitting / standing / standing on foam (back in corner for safety) about 3 feet away from the target letters.

1) Keeping your head still, move your eyes between 2 single targets (2 X’s on a paper) about 10 inches apart:
   □ Side to side
   □ Up and down
   □ Diagonal

Perform each movement for __________ seconds, __________ times per day

2) Progress to 2 Square Saccades (2 cards with block of letters): While keeping your head still, move your eyes as described below:
   □ 2 Square: Left <-> Right eye movement
   □ 2 Square: Up <-> Down eye movement
   □ 2 Square: Diagonal eye movement

Perform each movement for __________ seconds, __________ times per day

3) Progress to 4 Square Saccades (4 cards with blocks of letters):
   □ 4 Square: Left <-> Right eye movement combined with diagonals
   □ 4 Square: Up <-> Down eye movement combined with diagonals
   □ Move eyes clockwise: read out loud each letter in the first row or column.
   □ Move eyes counter-clockwise: read out loud each letter in the second row or column.

Perform this exercise for ______ seconds, ______times a day.
FOUR SQUARE SACCADES

V S X P E F N P V D
E A N C B B A K O E
D B K E P T H W F M
S M A R D X F R T O
A X S O G A D V S X

N C B K F O E A N C
K E P M A G D B K E
A R D L G P S M A R
S O G P B U A X S O
T K U Z L S N C T K