

# 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.

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.

## 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