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.