

Gaze Stabilization Exercise VORx1

Purpose: To improve ability to focus eyes when your head is moving.

Procedure:

- Hold the target “x” card in your hand about arm’s length away. Hold the card at eye level.
- Keep your eyes focused on the target and turn your head slowly from side to side. Always keep the target steady and in clear focus. Move your head side to side as fast as you can without the target getting blurry or moving.
- Repeat the exercise while moving your head slowly up and down. Always keep the target steady and in clear focus.

Level 1:

- Begin seated facing a plain background

Level 2:

- Progress to standing on a firm surface

Level 3:

- Progress to standing on a pillow/ folded up yoga mat
- Facing busy background (checkerboard, wall paper)

Level 4: (Not shown in video)

- Progress to walking /jogging with target letter taped on a wall at eye level ~15-20 feet away.

Guidelines:

- Begin performing this exercise for _____ seconds, gradually increasing to 2 minutes, 3-4 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/y00Dn> 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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