VORx2 Exercise

- In sitting or standing, hold a card with a single letter on it. Keep the letter in your hand at arm’s length distance in front of you. Face a plain, stationary background.

- Move your head and the card from side to side IN OPPOSITE DIRECTIONS through a SMALL RANGE of motion while keeping your eyes focused on the letter.
  
  (horizontal head turns; vertical head turns)
  
  o Example: When your head turns toward the right, move your arm to the left.

- Start slowly so the LETTER STAYS IN FOCUS.

- Do this for ________________ or until your symptoms reach _____ out of 10.

- Rest for ________________, or until your symptoms return to their baseline level.

- Perform _____ time(s) each direction for one bout. Repeat this _______ times per day.

Helpful tips:
- Don’t forget to blink.
- If your neck becomes sore, use a warm or cold pack. Call if it is not better in 2 days.
- Symptoms (ie. dizziness) should decrease to normal levels within 15 minutes after stopping the exercise.