

## VOR x1 Exercise

- Tape the card given to you on the plain, stationary wall at eye level while you are sitting/standing.
- Sit/stand arm's length away (move further away as you improve 3-5 ft, 6-7 ft).



- Move your head as follows in A SMALL RANGE of motion while keeping your eyes focused on the letter:
  - side to side, like you're shaking your head to say "No"
  - up and down, like you're nodding your head "Yes"
- Move your head as fast as possible (102 beats per minute). KEEP THE LETTER 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 \_\_\_\_\_ 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 the exercise.



Starting Position



Eyes still, head to the right



Eyes still, head to the left