

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)
 - 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.



Starting position



Move card to the left while
turning head to the right.
Keep eyes on letter.



Move card to the right
while turning head to the
left. Keep eyes on letter.