



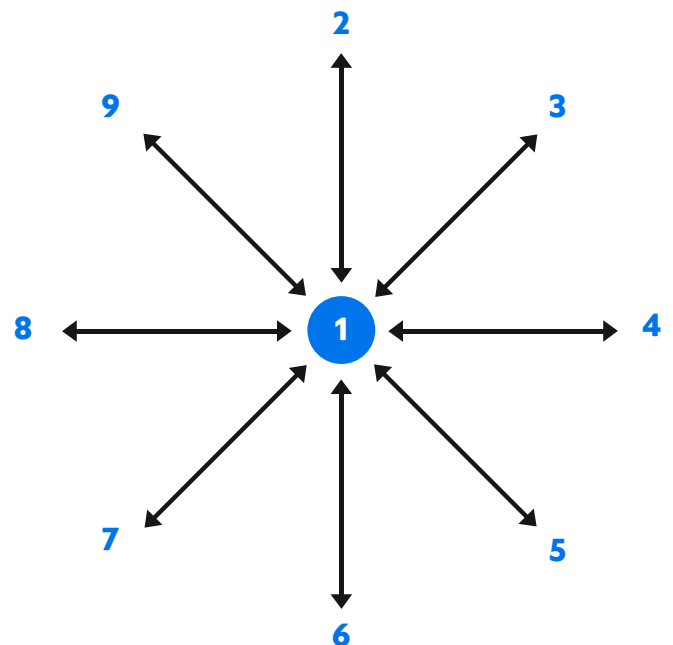
OCULAR NEURO REHABILITATION FUNCTIONAL PROTOCOL

Perform at-home rehabilitation 5 times per day for best results. It is important to maintain proper posture while performing Ocular Neuro Rehabilitation.

FUNCTIONAL PROTOCOL PHASE 1 (first 2 weeks)

1. H Warm Ups
 - a. Perform an "H" 5 times
2. Gaze Stabilization Around the Clock
 - a. Gaze stabilize for 5 seconds at each hour around the clock
3. Convergence Push Ups
 - a. Perform 5 times
 - b. Hold convergence for 10 seconds
4. Near and Far
 - a. Look at the Near target for 5 seconds
 - b. Look at the Far target for 5 seconds
 - c. Repeat 5 times
5. Read Small Font
 - a. Read size 8 font for 1 minute
 - b. Have the patient do this with pinhole glasses if they have a head tilt
6. Eye Patch their Dominant eye
 - a. Wear the eye patch for 4 minutes while performing normal activities

Another option is to follow along with our training videos online. You can do each video 1x per day at different times.
7. Videos
 - smooth pursuits and gaze stabilization #1
 - smooth pursuits and gaze stabilization #2
 - pencil push-ups and near/far
 - convergence and divergence



See back side for quick reference to website information and training videos

FUNCTIONAL PROTOCOL PHASE 2 (second 2 weeks)

1. H Warm Ups
 - a. Perform an "H" 5 times
2. Gaze Stabilization Around the Clock
 - a. Gaze stabilize for 10 seconds at each hour around the clock
3. Near and Far target
 - a. Look at the Near target for 5 seconds
 - b. Look at the Far target for 5 seconds
 - c. Repeat 10 times
4. Convergence Push Ups
 - a. Perform 10 times
 - b. Hold convergence for 10 seconds
5. Small Eye Circles
 - a. Perform for 30 seconds
6. Read Smaller Font
 - a. Read size 8 font or lower for 3 minutes
 - b. Have the patient do this with pinhole glasses if they have a head tilt
7. Eye Patch and Play Catch
 - a. Wear the eye patch for 5 minutes while playing catch

Another option is to follow along with our training videos online.
You can do each video 1x per day at different times.

8. Videos
 - smooth pursuits and gaze stabilization #1
 - smooth pursuits and gaze stabilization #2
 - pencil push-ups and near/far
 - convergence and divergence

Quick links for supporting information

www.proactivemn.com

"Login" tab

password is **bebetter**



- 1 overview and baseline testing
- 2 vision gym exercises
- 3 printable training material
- 4 How to do your own assessments

