

# POSTURE EXERCISE

## SMOOTH PURSUITS WITH GAZE STABILIZATION



### TO PERFORM SMOOTH PURSUITS WITH GAZE STABILIZATION:

1. Stand up straight in proper posture
2. Focusing on a pen tip (or you can use your finger), move the pen into each field of gaze
3. The fields of gaze are:
  - a. Right lateral
  - b. Up and to the right
  - c. Down and to the right
  - d. Center
  - e. Up and center
  - f. Down and center
  - g. Left lateral
  - h. Up and to the left
  - i. Down and to the left
4. Hold for 10 seconds in each field of gaze
5. Just move your eyes, not your head, neck, or shoulders

# POSTURE EXERCISE

## FINGER TO FINGER SACCADES



### TO PERFORM FINGER TO FINGER SACCADES:

1. Stand up straight in proper posture
2. Place one finger in front of your nose, about 6 inches from your nose
3. Place the other finger to the side in your peripheral vision, the same distance from your face
4. Begin by looking at the finger in the center
5. Quickly move your eyes to other finger, trying to accurately hit the target with a fast movement of your eyes
6. Quickly move your eyes back to center
7. Repeat 10 times on each side



# POSTURE EXERCISE CONVERGENCE WITH A STRING

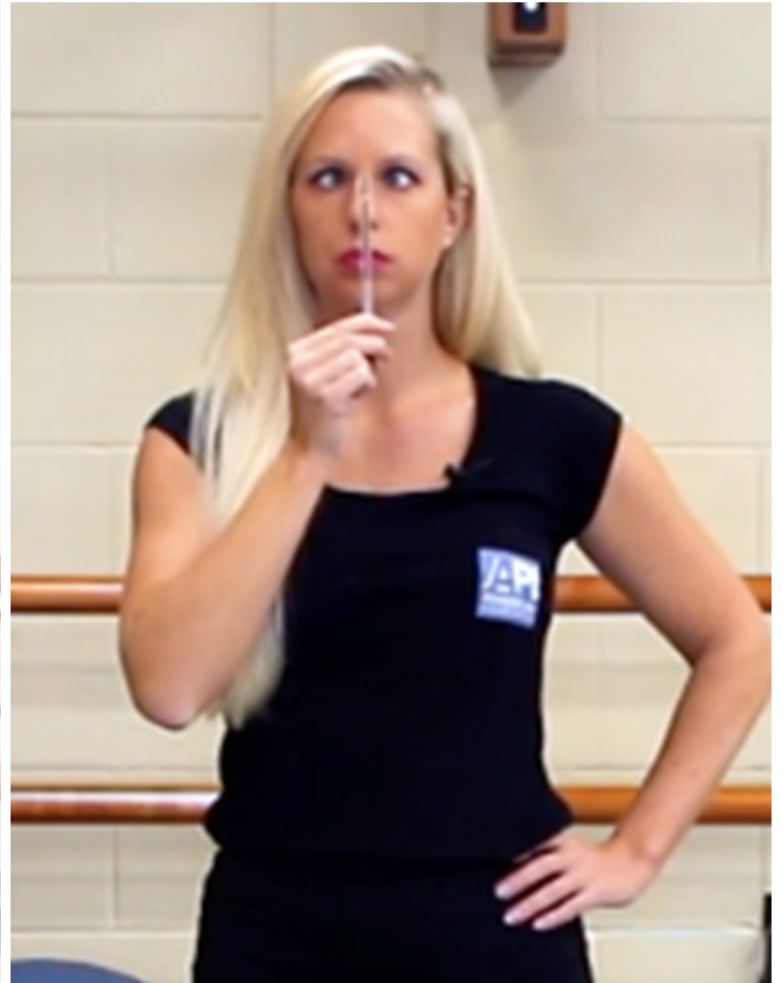


## TO PERFORM CONVERGENCE WITH A STRING:

1. To perform this exercise, get some string and a bead
2. Hold the string between your two hands, with one hand by your nose, the other outstretched 6-12 inches from your face
3. Begin with the bead far away from your face
4. Slowly bring the bead in toward your nose, sliding it along the string
5. As the bead comes closer to your nose “converge” your eyes to midline so they are both focused on the bead
6. Hold your eyes in the converged position for 10 seconds
7. Then slowly bring the bead outwards to the starting position
8. Repeat 5 times

# POSTURE EXERCISE

## EYE CONVERGENCE



### TO PERFORM EYE CONVERGENCE:

1. Stand up straight in proper posture
2. Using a pen (or you can use your finger), begin with the pen in front of your eyes (between 6-12 inches from your face)
3. Slowly bring the pen towards your nose, as you bring the pen closer, “converge” your eyes to midline so they are both focused on the pen tip
4. Hold your eyes in the converged position for 10 seconds
5. Then slowly bring the pen outwards to the starting position
6. Repeat 5 times



# POSTURE EXERCISE

## VOR IN SHARPENED ROMBERG POSITION



### TO PERFORM VOR IN SHARPENED ROMBERG POSITION:

1. Stand up straight in proper posture with one foot directly in front of the other
2. Outstretch your arm in front of you with your thumb pointed up
3. Start by focusing your gaze on your thumb
4. Quickly move your head to the side, keeping your eyes focused on your thumb
5. Perform 5 quick repetitions
6. Bring your head back to center
7. Repeat 5 times in the other direction
8. Please Note: this exercise is more difficult to perform in this position, make sure you keep your balance. If you feel off balance stop performing the exercise

# POSTURE EXERCISE VOR ANTERIOR AND POSTERIOR CANALS



## TO PERFORM VOR ANTERIOR AND POSTERIOR CANALS:

1. Stand up straight in proper posture
2. Outstretch your arm in front of you with your thumb pointed up
3. Move your head to the side with your nose pointing at a 45 degree angle
4. From that position, keep your eyes focused on the tip of your thumb and rock your head forward and back 5 times
5. Bring your head back to center
6. Turn your head in the opposite direction and repeat 5 times



# POSTURE EXERCISE VOR HORIZONTAL CANALS



## TO PERFORM VOR HORIZONTAL CANALS:

1. Stand up straight in proper posture
2. Outstretch your arm in front of you with your thumb pointed up
3. Start by focusing your gaze on your thumb
4. Quickly move your head to the side, keeping your eyes focused on your thumb
5. Perform 5 quick repetitions
6. Bring your head back to center
7. Repeat 5 times in the other direction