



VOR x1 (horizontal)

Keep eyes focused on the letter.

Slowly, begin moving you head SIDE to SIDE.

\*Make sure to keep the letter in CLEAR FOCUS.

Repeat 4 Times

Hold 30 Seconds

Complete 1 Set

Perform 2 Time(s) a Day



VOR x1 (vertical)

Keep eyes focused on the letter.

Slowly, begin to move head UP and DOWN.

\*Make sure the Letter stays in Clear focus.

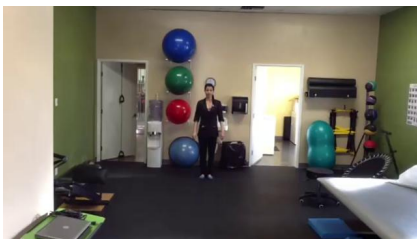
Goal: to get faster with head movements.

Repeat 4 Times

Hold 30 Seconds

Complete 1 Set

Perform 2 Time(s) a Day



Vestibular - Balance - Gait - Walking with Head Turns

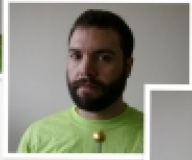
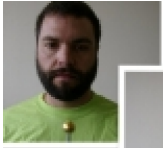
Walk on a straight path while turning head from side to side.

Repeat 10 Times

Hold 1 Second

Complete 3 Sets

Perform 2 Time(s) a Day



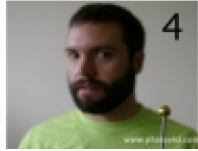
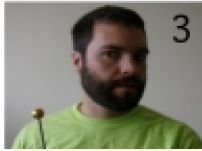
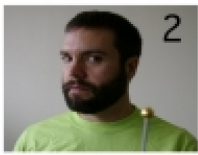
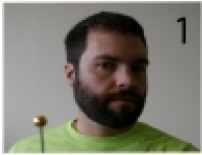
### Vestibular Ocular Retraining #1

Maintain your focus on a stationary target while you move your head from side to side for up to one minute.

Move fast enough to make the target appear to jump and provoke a small amount of dizziness.

Repeat for up and down head movement.

Repeat 10 Times  
Hold 1 Second  
Complete 3 Sets  
Perform 2 Time(s) a Day



### Vestibular Ocular Retraining #2

Maintain your focus on a moving target. While you move your head from one side, move the target to the opposite side. (ex. head to the right, target to the left) Repeat for up to one minute.

Move fast enough to make the target appear to jump and provoke a small amount of dizziness. Increasing speed will increase difficulty.

Repeat for up and down head movement.

Repeat 10 Times  
Hold 1 Second  
Complete 3 Sets  
Perform 2 Time(s) a Day