

Masula Chiropractic Neurology & Family Wellness
We Listen...We Care...We Get Results

X1 (TIMES ONE VIEWING)

Target Out Phase with Head (Right / Left) Horizontal Plane No-No Exercise.

Patients are given this exercise when their auto rotational VOR testing or caloric tests show ANY abnormalities. This can include significantly increased or decreased asymmetry on VOR testing test, or any subjective patient complaints of dizziness or lightheadedness while performing the testing. This exercise is also given if the patient has subjective complaints with any type of head and eye movements utilizing the pursuit reflex, even if not symptomatic during the testing.

Generally, it is best to start sitting and moving the upper body in just the horizontal direction, 10 repetitions to the direction prescribed by the doctor. Progress by moving from lying to sitting, to standing (feet apart, feet together, feet pointed), with faster body movements, increased number of repeats, diagonal plane movements, and/or lowered lighting.

This exercise is to be performed with 10 repetitions to the side determined by the Doctor, 2-3 x daily.

Instructions:

Hold a card, place a sticky note with an X on the wall (or use your thumb) 12-18 inches in front of your eyes. Slowly move the head (horizontally), keeping your eyes focused on the letters on the target. *Slow down or shorten the distance of the head turn if the target becomes blurry.*

At end range, *Close eyes*, and *Slowly* return head and eyes to center. This exercise is to be performed:

- Lying Down
- Seated
- Standing
 - Feet shoulder-width apart.
 - Feet together.
 - Tandem (dominant foot in front of the other).
 - Walking.



**Masula Chiropractic Neurology
& Family Wellness**
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