

Patient:

Date:

TIMES TWO VIEWING

Target Out Phase with Head

Patients are given this exercise when their auto rotational VOR testing or caloric tests show ANY abnormalities. This can include significantly increased or decreased gain or phase or increased asymmetry on the auto rotational VOR testing test, or any subjective patient complaints of dizziness or lightheadedness while performing the testing. This exercise should also be 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 your head opposite the target in just the horizontal and vertical direction, 15 to 20 repeats in each direction. Progress by moving the patient to standing (feet apart, feet together, feet pointed), faster body movements, increased number of repeats, diagonal plane movements, and/or lowered lighting. Also, progress patients by having them move the target card to a busy visual background, such as a checkerboard.

Begin this exercise after you can successfully accomplish the Times One Viewing Exercise.

- 1) This exercise is to be performed ___repeats.
- 2) This exercise is to be performed ___repeats.
- 3) This exercise is to be performed in the:
 - a. Week (13-14) Horizontal Plane
 - b. Week (15-16) Vertical Plane
 - c. Week (17-18) Diagonal Plane
- 4) This exercise is to be performed:
 - a. Lying
 - b. Sitting
 - c. Standing, supported w/ ___ feet shoulder-width apart
 - d. Standing, unsupported w/ ___ feet shoulder-width apart
 - e. Standing on a foam cushion
- 5) Hold the target card 12-18 inches in front of your eyes. Be sure you can focus on the letters on the target card
- 6) Slowly **move** the **card left or right (horizontally)**, keeping your eyes focused on the letters on the target card. **move** your **head** in the **opposite direction** of the card movement. When the card is moved to the right, move your head to the left; when the card is moved to the left, move your head to the right; but make sure your eyes remain focused on the letters on the card at all times.



DO NOT MOVE THE CARD OR YOUR HEAD SO FAST THAT THE LETTERS BECOME BLURRED OR OUT OF FOCUS!

Progress by moving in the vertical plane (target goes up, head goes down, eyes stay focused on the card etc.) and or diagonal plane. Progress by placing the target card in the center of a busy visual background, such as a checkerboard. All progression should be directed by your therapist. Try to keep increasing the speed at which the card and your head are moving. Remember to keep the letters in the card in focus and to use your entire upper body, not just your head, to move with the card.

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