

Masula Chiropractic Neurology & Family Wellness

We Listen...We Care...We Get Results

TIMES ZERO VIEWING

Target in Phase with Head/Body

Patients are given this exercise when their rotational VOR testing or caloric tests show ANY abnormalities. This can include significantly increased or decreased gain, phase, 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 the upper body in just the horizontal plane, 15 to 20 repeats in each direction.

Direction determined by the doctor: (Right / Left)

- 1) This exercise is to be performed with 10 repetitions.
- 2) This exercise is to be performed 2 times a day:
- 3) This exercise is to be performed
 - Standing: feet together, shoulder-width apart, and tandem
- 4) Use the thumb as a target.
- 5) Slowly **move the thumb and head to the right (horizontally)**
- 6) Keep your eyes focused on the target and **move your entire upper body to get a full 90 degree.**
- 7) Close your eyes and slowly return your head back to the center. Open eyes when you feel you are centered and open to target or thumb.

*For visual feedback consider purchasing a head laser. Amazon sells lasers that can clip onto the bill of a hat as well as glasses. OR place a sticky note with an X on the wall and stand in front of it. Use thumb as target and use sticky note as center visual feedback.

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