



Name: _____ Date: _____

Oculomotor Training Home Program

Try to do this oculomotor training 2 times daily (AM/PM with brushing teeth). You only have to do the individual eye exercises that your doctor suggests. The goal is to improve endurance over time. Once you can complete an individual eye exercise without symptoms and with normal speed, you no longer need to practice this eye exercise.

Start with the number of repetitions that cause symptoms plus 3 more repetitions to increase stamina. Take a break and repeat until you have completed 1 minute of each activity. Then advance by 3-5 reps every 1-2 days with an eventual goal of 120 reps in 1 minute for saccades and 60 reps in 1 minute for gaze stability. If you are having problems doing eye exercises fast enough, you can use a metronome set to 120 beats per minute for saccades or 60 beats per minute for gaze stability to help with this.

1) Saccades:

- a. Horizontal: Put 2 post-it notes on the wall shoulder width apart. Look back and forth right to left for the above recommended repetitions.
- b. Vertical: Place the 2 post-it notes vertical on wall about 12 inches apart. Look up and down for the above recommended repetitions.

2) Gaze Stability: Put 1 post-it note on the wall in the middle of the 4 post-it notes used above for saccades.

- a. Horizontal: Keep eyes focused on the post-it note and nod up and down for the above time recommended.
- b. Shake head left and right while focusing on the target for the above time recommended.

3) Convergence Exercises:

- a. Beads on a String/Brock String: Put 3 beads on a string, one on the end, one in the middle and one as close to you as possible, but still in focus (clear). Start by looking at the farthest one and focus on each one getting closer to your nose. Each bead should be in focus (clear, not blurry or double). As your eyes get better with this exercise, you should be able to move the closest bead closer to your nose while keeping it clear, with the goal of getting it within 4 cm from your nose.
- b. Pencil Pushups: Use a pen with letters. Hold the pen an arm's length away and keep up the letters in focus as you bring the pen towards your nose. Once the letters get blurry, continue slowly until the letters become double. Try to keep them single. When they remain double, slowly go in reverse back out to arm's length. Repeat for about one minute.

