

VOR CANCELLATION



Step 1: Sit in supportive chair with object to focus on (finger, pen, or paper with X on front).

Step 2: While maintaining your focus on the object, turn your head and object in the same direction side to side.

As this gets easier, try to speed up the motion of your head.

To advance, place object of focus on a busy background (wall with pictures, TV, outside).

- Complete this exercise for _____ minutes.
- Complete this exercise for _____ repetitions.
- Perform this exercise _____ times a day.
- Perform this exercise in _____ position.