

01

Oculomotor Exercises

The purpose of these exercises is to increase the functional range of motion of your neck while coordinating the activity of your eyes with the muscles of your neck and body.

EXERCISE 1.1 Head Movements with Eyes Fixed

Stand with your spine in proper posture. Hold an object such as a pen straight out in front of you (figure 1).

Keeping your eyes fixed on the object, slowly turn your head as far to the right as you can without causing excessive pain (figure 2).

Return to the starting point; then repeat the movement to the left, again keeping your eyes on the object (figure 3).

Repeat _____ times or until you notice you are experiencing increased pain.



Figure 1



Figure 2



Figure 3

EXERCISE 1.2 Smooth Pursuit

Stand with your spine in proper posture. Hold an object such as a pen straight out in front of you (figure 1).

Keeping your eyes fixed on the object, slowly move the object to the right as far you can without causing excessive pain (figure 2). Be sure to move both your eyes and head while following the object.

Return to the starting point; then repeat the movement to the left, again keeping your eyes on the object (figure 3).

Repeat _____ times or until you notice you are experiencing increased pain.



Figure 1



Figure 2



Starting point



Figure 3

EXERCISE 1.3 **Advanced Smooth Pursuit**

Stand with your spine in proper posture. Hold a tennis ball in one hand with your arms to the sides and elbows bent at 90 degrees (figure 1). Your other hand should be palm up, ready to catch the ball.

Fix your eyes on the ball.

Gently toss the ball in the air, across your visual field, from one hand to the other while keeping your eyes on the ball (figure 2), and catch the ball with your other hand.

Repeat _____ times or until you notice you are experiencing increased pain.

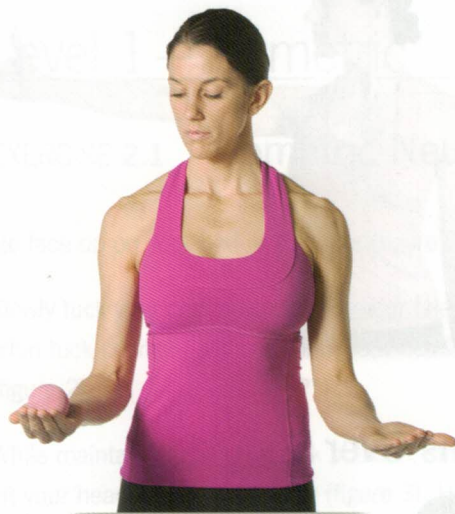


Figure 1



Figure 2

EXERCISE 1.4 Neck Rotation with Hand Movements

Stand with your spine in proper posture. Raise your right thumb out to the side at eye level, and turn your head and eyes to look at this thumb (figure 1).

Now raise your left thumb to the side at eye level, and turn your head and eyes to look at this thumb (figure 2).

Repeat. The pace of each turn of the head from right to left should take no longer than one second. The goal is to turn your head farther each time without causing excessive pain and to maintain a quick "1-2" pace.

Repeat _____ times or until you notice you are experiencing increased pain.



Figure 1



Figure 2

EXERCISE 1.5 Neck and Body Rotations Over Shoulder

Stand with your spine in proper posture. Turn your head and body to the right so that you are looking behind you (figure 1).

Return to the starting position; then repeat the movement to the left (figure 2). The pace of each turn of the head from right to left should take no longer than one second. The goal is to turn your head and body farther each time without causing excessive pain and to maintain a quick "1-2" pace.

Repeat _____ times or until you notice you are experiencing increased pain.



Figure 1



Figure 2