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Rotations, Kinesthetic-Visual

Purpose: To develop the feeling of arm movement leading eye movement.

Materials: Balance board, small target—like a pencil eraser.

Instructions:

1. Patient should stand on balance board with feet spread and with good posture. Cover one eye.
2. Move target in slow circles from a few inches in diameter to about 3 ft. in diameter at just beyond arm's length from the patient. Make circles at all angles—flat in front, toward and away, and at angles to the patient. Direct the patient to watch the target and follow the rotational movement.
3. Patient is to **point** the index finger of the dominant hand as it moves, with arm straight but not touching it. It should feel like the arm is leading the target, rather than following it. Repeat exercise using the other eye and arm.
4. Repeat the activity with both eyes together and at varying distances from the patient. Head must be fixed—no head movement, eye movement only.

Aspects to Emphasize

- The most important aspect of this activity is the development of the feeling that the arm is leading the eye. Be sure to emphasize this during the activity.
- Smooth eye movements and accurate finger pointing.
- Good balance on the balance board.
- Awareness of the rest of the room and stability within the visual background.
- Watch the eye for jerky movements, hesitancy, and cutting corners on the circle.
- If the rotation is irregular in one particular area, go back and forth over it, giving it extra practice. Spend equal time doing rotations to the right and to the left with each eye.