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## **Rotations, Tactile-Visual**

**Purpose:** To develop the feeling of the arm leading eye movements through contact of the hand on the target.

**Materials:** Balance board, small target like a pencil eraser, pointer (pencil)

### **Instructions:**

1. Patient should stand with feet spread hip-width apart while maintaining good posture. Cover one eye.
2. The assistant should move the target in slow circles in front of the patient at arm's reach. Start with small circles, a few inches in diameter and increase to three feet in diameter. Make circles at all angles- flat in front of the patient, toward and away, and at varying angles.
3. Patient is to hold a pointer in hand on the same side as the eye being trained and touch the home assistant's target. Be sure to hold arm straight out. Patient should feel like his arm is leading the target rather than following it. If this is too difficult, permit the patient to grasp the home assistant's target between the thumb and forefinger, and then just touch the target with forefinger. Then, try using a pointer as described initially.
4. Repeat using other eye. Watch for jerky eye movements, hesitancy or cutting corners on the circle. Make sure the pointer and target stay in constant contact.
5. Be sure to move the eyes not the head. If a rotation is irregular in one particular area, go back and forth over the area without doing a complete rotation. Spend equal time doing circles to the right and left of each eye.
6. Complete while standing on a balance board.

### **Aspects to Emphasize**

1. The most important aspect is to feel like the arm is leading the eyes.
2. Awareness of the rest of the room and stability of visual background.