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## THUMB ROTATIONS

**Goal:** The ability to track visually in a smooth controlled manner is essential in developing good reading skills, increased awareness while driving, enhanced performance in sports, and improved attentiveness to one's surroundings.

**\* Do this activity without glasses!**

### Procedure \_\_\_\_\_

1. Stand or sit in a balanced and **relaxed** position.
2. One eye is covered with a patch or your cupped palm.
3. The hand is held out, elbow slightly bent, fingers gently clenched, and thumb pointing upwards.
4. **Your awareness of the other objects in the room around you is fundamental!**
5. Follow your thumbnail with your eye while your arm rotates **slowly** and easily in a large circle. Make sure the head is kept still while maintaining a **clear** view of your thumbnail at all times.
6. Repeat for the other eye.



The goal is to be able to perform the activity 6 times in each direction with smooth tracking movements and no strain or discomfort. This may not be possible at first, so begin with the number of rotations that is comfortable.