

Exercises

Exercise	Position/ safety	Exercise/ Treatment description	Duration /Repetition /Hold	Frequency
1 VOR X1- (H & V- Seated)	Seated. Keep your eyes on the X which its to be fixed about 5-6 feet away at the eye level. Keep your chin mildly tucked in	While keeping your eyes on the X, move your head side to side at a moderate speed that brings moderate intensity dizziness . Repeat it up and down	1 minute each	3-5 times a day
2 VOR X2- H	Seated. identify 3 targets (Middle, Right and Left)- H	Keep your eyes on the Middle Target, and move your head to the Right Target while keeping your eyes on the Middle Target. Keep the head still on the Right Target and bring the eyes to the Right Target. Keep your Eyes on the Right Target and bring your head back to the Middle Target. Repeat this on the left side	10 times	2-3 times a day
3 VOR X2- V	Seated. identify 3 targets (Middle, Up and Down)- V	Keep your eyes on the Middle Target, and move your head UP while keeping your eyes on the Middle Target. Keep the head UP and bring the eyes UP. Keep your Eyes UP and bring your head back to the Middle Target. And then bring you eyes back to the Middle Target. Repeat this on the left side	10 times	2-3 times a day