



Jennifer S. Simonson, OD, FCOVD

Roger T. Dowis, OD, FCOVD

1790 30th Street, Suite 311, Boulder, CO 80301

(303) 443-2257 (303) 443-4599 (FAX)

E-Mail: bouldervt@yahoo.com

www.bouldervt.com

Closed Eye Rotations

Purpose: To help develop awareness of ocular positioning and movement. Combine eye movements with proprioceptive and auditory information.

Materials: a clicker or sound making object

Procedure:

1. Have the patient stand upright with good posture and eyes closed.
2. The assistant is to snap fingers or use a clicker while moving the sound in circles in front of the patient. With eyes closed, the patient is to follow the sound with the eyes.
3. Next, have the patient hold his hand out in front of himself and move the hand in circles in the direction of the sound.
4. When this is easy, move the eyes in circles with the eyes closed and without the audio stimulation.
5. When proficiency is shown, repeat on balance board.

Aspects to emphasize:

1. The feeling of the eyes against the lids, movements should be smooth and free.
2. Occasionally, open the eyes to see if they are aimed correctly.