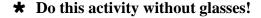


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THUMB ROTATIONS

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.





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.

Category: Tracking date modified: 9-30-10