

On the following 2 pages are the patient instructions in performing Focus Builder's Pre-Set exercises designed to address the most common oculomotor muscle dysfunctions.

It is suggested that you give these instructions to the patient with the ones specific to their needs highlighted or circled.

Please instruct them to find a quiet place to perform their exercises with the centre of the tablet positioned at eye level with the head in a neutral position as shown below.



Both seated or standing positions can be performed depending on the recommendation of your doctor.

## Fixation/Gaze stability training

**Patient Instructions-**Each time before the target moves, nod your head once down, up and center, then rotate your head once to the right, once to the left and then to center. Perform this at a very short amplitude and slowly.

## Left Pursuit training

**Patient Instructions-**Keep your head still and follow the moving target with both eyes for the entire duration of the exercise.

## Right Pursuit training

**Patient Instructions-**Keep your head still and follow the moving target with both eyes for the entire duration of the exercise.

## Vertical Pursuit training

**Patient Instructions-**Keep your head still and follow the moving target with both eyes for the entire duration of the exercise.

## Left V pattern training (right eye covered)

**Patient Instructions-**Keep your head still and follow the moving target with the left eye only while covering the right eye. Do this for the entire duration of the exercise.

## Right V pattern training (left eye covered)

**Patient Instructions-**Keep your head still and follow the moving target with the right eye only while covering the left eye. Do this for the entire duration of the exercise.

## Bilateral V training (cover unused eye)

**Patient Instructions-**Keep your head still and follow the moving target with the right eye for the first rep, then the left eye on the second rep and then with both eyes for the remaining reps. Cover the unused eye.

### Left A pattern training (right eye covered)

Patient Instructions-Keep your head still and follow the moving target with the left eye only while covering the right eye. Do this for the entire duration of the exercise.

### Right A pattern training (left eye covered)

Patient Instructions-Keep your head still and follow the moving target with the right eye only while covering the left eye. Do this for the entire duration of the exercise.

### Bilateral A pattern training (cover unused eye)

Patient Instructions-Keep your head still and follow the moving target with the right eye for the first rep, then the left eye on the second rep and then with both eyes for the remaining reps. Cover the unused eye.

### Left saccade training

Patient Instructions-Keep your head still and follow the moving target with both eyes for the entire duration of the exercise.

### Right saccade training

Patient Instructions-Keep your head still and follow the moving target with both eyes for the entire duration of the exercise.

### Up saccade training

Patient Instructions-Keep your head still and follow the moving target with both eyes for the entire duration of the exercise.

### Down saccade training

Patient Instructions-Keep your head still and follow the moving target with both eyes for the entire duration of the exercise.