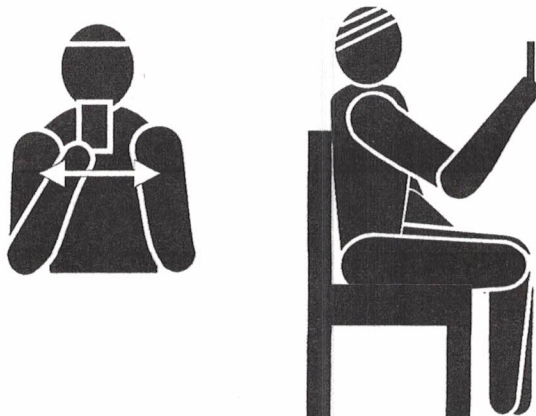


## VISUAL TRACKING EXERCISE

1. Sit in a comfortable position, hold a small index card with several words written on it about 12 inches in front of your eyes.
  2. Slowly move the card horizontally to the right, to the left, and back to center. **Keep your head still** and follow the index card just with your eyes. You should then repeat this moving the card in the vertical (up, down, and back to center) direction and finally in diagonal (up and left, down and right, and back to center) (up and right, down and left, and back to center) directions.
  3. To progress yourself, move your arm at faster and faster speeds until you can no longer read the words. Remember to keep your head still during this exercise and follow only with your eyes.
- \* Repeat **15 - 20** times in the horizontal direction.
  - \* Repeat **15 - 20** times in the vertical direction.
  - \* Repeat **15 - 20** times in a diagonal direction.
  - \* Do **2 - 3** times daily.



**REMEMBER:** Move only your eyes.