

HELP ME – my world moves!

KISS 2019

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Women, born 1965

- 2012 , suddenly onset of dizziness while walking on the street.
- 2018, still dizzy, world moves and feel insecure walking.
- May 2018, change of prescription and start of VT.
- January 2019, progress in all Vt-activities and improvement in all visual tests.
- No improvement in her daily days situation.
- **Help !**

Refraction and Prescription.

May 2018

- -2.00 Multifocal soft contact ou
- -1.75 = -0.50 x 180, 20/20
- -3.00 , 20/20
- -1.50 (Mono Vision)

January 2019

- -1.50 (Mono Vision)
- -1.75 = -0.50 x 180, 20/20
- -2.75 , 20/20
- -1.75
- -2.50 + near rx +1.50

VT activities

1. month

- TTNR – reflex integration
- Breathing Exercise, on toes
- Thumb Fixation, binocular
- Swinging Mastenball on back binocular
- Physiological Diplopia, head tilt, **dizzy.**

2. month

- TTNR
- Breathing Exercise – **stress**
- Greenwalds on stomach, binocular
- Eye control close monocular, **very dizzy when bi-ocular.**
- Physiological Diplopia walk up and away. **Dizzy.**
- Flash light pointing (in office), **difficult.**

VT – activities continued

3. Month

- The Dog – reflex integration, **difficulties to synchronize.**
- Breathing exercise, 1 step. **No dizziness.**
- Hand to hand (easy).
- Eye control close, bi-ocular (easy).
- Physiological diplopia, push up
- Slanted walking rail. **Too challenging.**

4. Month

- Moro exercise – reflex integration.
- Breathing exercise, 3 steps and backwards. Judge space.
- Turn and catch. **Long recovery.**
- Coin Circles.
- Eccentric circles. **Very dizzy from the depth effect. Wait!**

VT - activities

5. month

- Moro Exercise
- Skipping on the spot. **Room moves, but no dizziness.**
- Turn and catch expanded. **Fast recovery.**
- Near/far chart big charts. Judge size.
- Brock-string. **Wait – too dizzy.**
- Physiological diplopia advanced.

6. month

- Skipping infinity (easy).
- Turn twice and catch (easy).
- Read near/far chart.
- Physiological diplopia advanced.
- Slanted walking rail w/swinging Mastenball (without problems).