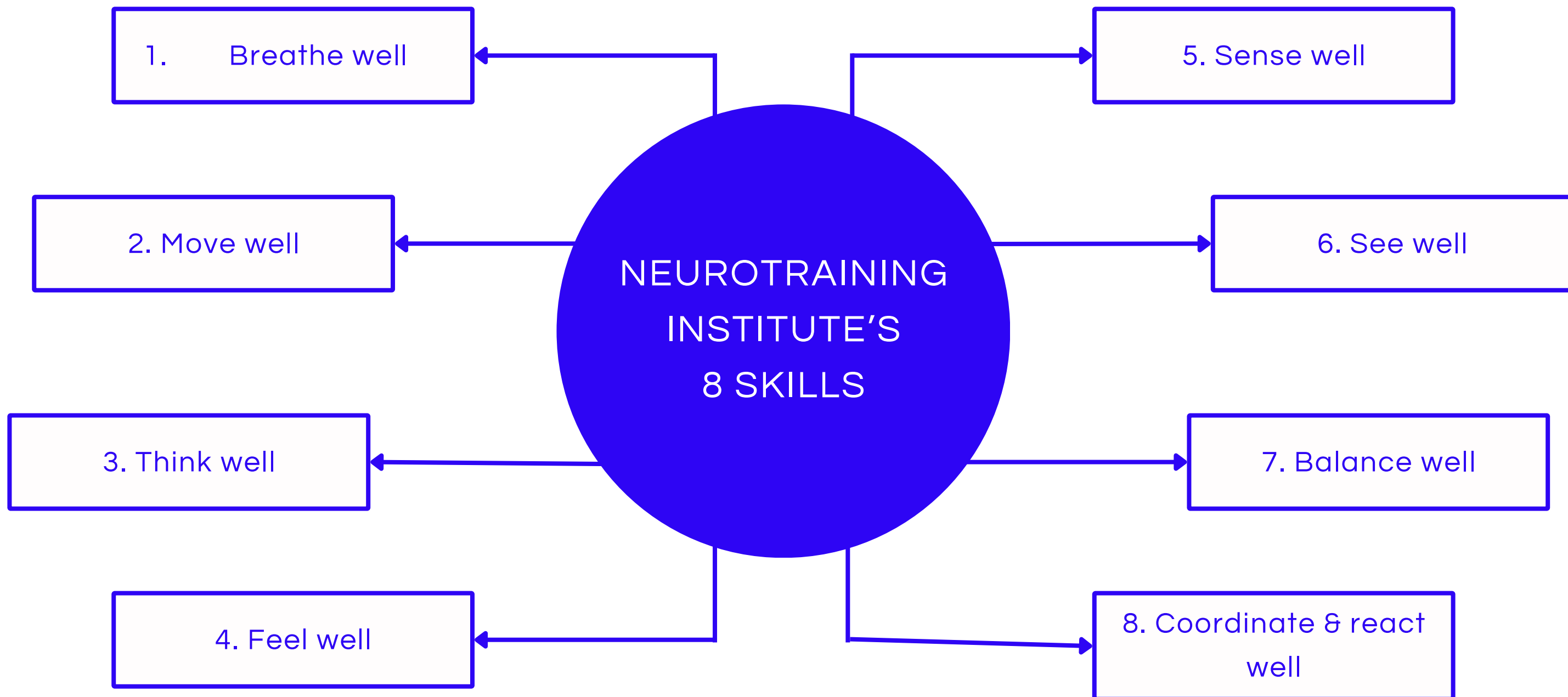
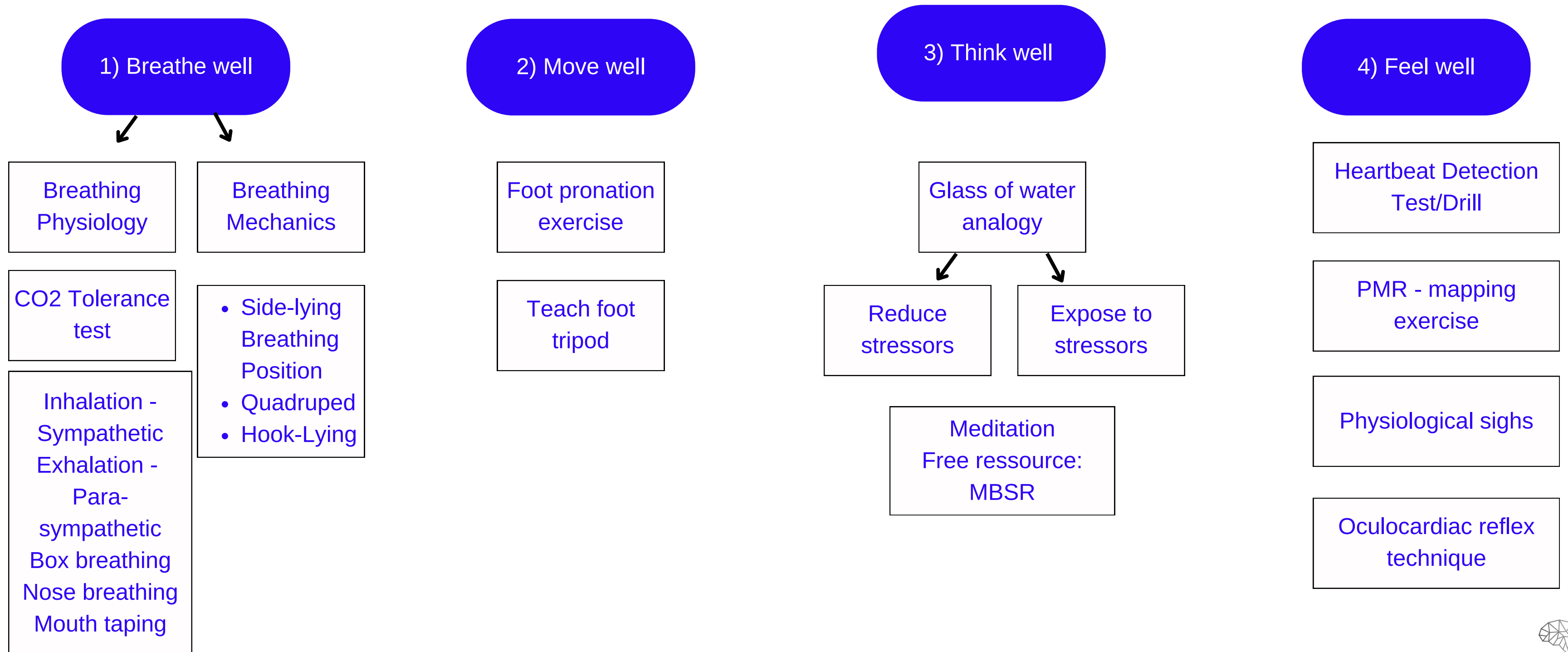


2-Day Neurotraining Seminar - Exercise Cheat Sheet



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5) Sense well

Auditory

Proprioceptive/
Tactile

Auditory mapping
exercise

Rombergs Test

Proprioception
Compass

Fukuda Walks
(Marching In
Place)

2-Point
Discrimination
Assessment/Drill

6) See well

Eye dominance
test

Convergence test

Pencil Push-Ups
Unilateral Pencil
Push Ups
Big H Exercise

Peripheral Vision
Assessment
Catching Ball -
from weaker
peripheral field

7) Balance well

Assessments:
Rombergs
Fukuda
VOR

Drills:

- VOR Training seated
- VOR integration with balance challenge
- Rocking/Rolling
- Saccule bouncing exercise

8) React & coordinate well

Cerebellum -
RAPS test

Stroop Test/Drill

Coordinative
exercises - circles,
figure 8s, etc.

Stroop Effect (App)