



Home Exercises
Mohammed Banat
8/5/19

Mohammed,

Thank you for all of your hard work during your time at Innova Brain. We made some good changes in your brain function, and I really enjoyed our time together. Please keep up the great work!

Please send me a video of your exercises within 7-10 days and keep me updated with your progress at least once every two weeks. If you have any questions or concerns please contact me at (770) 485-6554 and/or info@innovabrain.com.

Please see your exercises listed and described below. Please do not deviate from or modify the exercises until you first check with me.

1. **Left sided complex proximal joint movements**: While you are lying comfortably on your back perform an infinity pattern (figure-eight) with your left arm for 10 repetitions. This constitutes one set of this exercise with your arm. Take a 15-20 second break. Now perform an infinity pattern (figure-eight) with your left leg for 10 repetitions. Take a 15-20 second break. Perform three sets of arm movements and three sets of leg movements, alternating between the arm and the leg. For example: left arm, 15-20 second break, left leg, 15-20 second break, left arm, 15-20 second break, left leg, 15-20 second break, left arm, 15-20 second break, left leg, and done. Be sure to keep your other body parts still while using your arm or leg. Perform two sessions of this exercise per day.
2. **Sinusoidal rotations in an office chair with upper right field hemistim**: Sit upright and comfortable in a chair that rotates left and right. Place a small sticker or 1/4" dot on a Post-it note on the wall at eye level, in the center of your vision. You should be far enough from the wall that your extended and elevated feet are just a couple inches away.

For this exercise you will be using the Focus Builder Application on your iPad. Be sure to set up the iPad with the "Hemistim" settings described at the end of this document. Orient the iPad so it is longer horizontally (landscape format). Now

hold the iPad in your upper right visual field so that you can still look at your target straight ahead.

While keeping your eyes on the center dot and your head still, have your wife or another trained assistant rotate you for three cycles and then take a 20 second break (left, right, left, right, left, right, and back to center). This constitutes one set of this exercise. Put the iPad down between sets. In total you will perform 3 sets. During your 20 seconds of rest between sets, give your eyes a rest by not looking at the dot. Be sure that your wife or a trained assistant is rotating you at a slow, even speed back and forth and not so far that it is difficult to keep your eyes on the dot. Perform two sessions of this exercise per day.

3. **Gaze Stability Exercises:** Remember to sit erect with your feet flat on the floor and remove any tilt or rotation of your head. Place the cross pattern of targets (provided) at approximately 36 inches (one arm, plus an extra hand length away) to carry out the exercise. Be sure the center target is at eye level. Keep your eyes on the center target and perform one set of this exercise consisting of 3 cycles (left, right, left, right, left, right, back to center) of horizontal gaze activity (no-no's). After each horizontal exercise, you will take a 20 second break and then perform a vertical head movement (yes-yes) for 3 cycles (head back, forward, back, forward, back, forward, back to center). Take another 20 second break after your vertical head movement. This constitutes one set of this exercise. Remember to perform the exercise at a rate so that the target remains sharply focused and you have no or very little jumping of your eyes off the target. Be sure that you are moving your head evenly from side to side and up and down. Also, keep your head straight (no tilting your head). Perform 1 set of 3 cycles of horizontal gaze activity (no-no's) followed by 1 set of 3 cycles of vertical head movement (yes-yes) on the following targets in this order: center, top, bottom, left, right, center. Take at least a 20 second break between each target. Perform 2 times per day.
4. **Memorized Saccades:** For this exercise you will utilize the video that was provided to you by South Florida Integrative Health. Place your laptop at eye level approximately 30 inches away. Be sure that the center of your vision is on the center of the screen. Keep your eyes on the center dot. You will see a dot appear in your peripheral vision, do not move your eyes to this dot but take note of where it is. This dot will then disappear. When the central dot disappears, move your eyes to where you believe that peripheral dot was located. The peripheral dot will reappear. If you are not in the correct location, move your eyes to the dot. The peripheral dot will disappear again and the central dot will reappear. Move your eyes to the central dot and start the sequence again. Pause and take a 20 second break every 60 seconds until the video ends. Perform this exercise 3-5 times a day with at least an hour between sessions.
5. **Retro-walking:** During this exercise safety is the number one priority. Watch out for your kids. Remember that your arm is to be raised in front of you on the same side that you are stepping back with. In addition, your arm on the opposite side

should be moving down and back at the same time. You will perform large, exaggerated arm movements as you walk backwards. With each step you should stay very balanced and controlled. Walk backward with exaggerated arm swing until you reach the end of your hallway, then turn around and walk backward to your starting point. This constitutes one set of this exercise. Perform three sets with a 20-30 second break between sets. Perform two sessions of this exercise per day.

Hemistim Settings:

Open the Focus Builder app to the home screen with all of the different types of exercises. Select “Hemistim”. On the next screen select “Settings” in the upper right. Enter the settings as pictured below. You can then select “Save As...” at the bottom of the screen to save the settings for later. To get back to your preset hemistim exercise later, select “Saved Exercises” at the main screen and then select the “Home” folder.

Hemistim Settings		Done
COLOR	<input type="text" value="Purple"/>	
COLOR 2	<input type="text" value="Blue"/>	
SIZE	<input type="text" value="3 - Medium"/>	
SPEED	13	<input type="button" value="-"/> <input type="button" value="+"/>
UPPER LEFT QUADRANT	<input checked="" type="checkbox"/>	
UPPER RIGHT QUADRANT	<input checked="" type="checkbox"/>	
BOTTOM LEFT QUADRANT	<input checked="" type="checkbox"/>	
BOTTOM RIGHT QUADRANT	<input checked="" type="checkbox"/>	
CENTER FIXATION DOT	<input type="checkbox"/>	
USE TIMER	<input type="checkbox"/>	
Save As...		

Please send a video of these exercises within the next week. Let me know if you have any questions or concerns regarding these therapies.



Frank E Patterson, DC, DACNB, FABBIR
fpatterson@innovabrain.com
(770) 485-6554

200 Cobb Pkwy N. #128, Marietta, GA 30062 / 770.485.6554 / info@innovabrain.com

