



Directional Arrows

General Directions

Touch the first arrow in the upper left corner using index finger of the dominant hand, and then touch the matching arrow at the bottom of the page. Now go to the second arrow at the top of the page and continue through the sequence left to right as you would read a paragraph.

Step 1

Touch matching arrows without identifying the direction, and continue through the four lines. Repeat until the patient understands the concept.

Step 2

Do #1 and name the direction each time you touch the arrow (up, down, left, right)

Step 3

Do #2 to beat of metronome starting at 50 beats per minute (BPM) and gradually increase to improve automaticity.