

# GAZE STABILIZATION HEAD ROTATION EXERCISE



Step 1: Sit in supportive chair with object to focus on (finger, pen, or paper with X on front).

Step 2: While maintaining your focus on the object, turn your head side to side at a pace that feels comfortable.

As this gets easier, try to speed up the motion of your head.

To advance, place the object of focus on a busy background (wall with pictures, TV, outside).

- Perform \_\_\_\_\_ repetitions.
- Complete this exercise for \_\_\_\_\_ minutes.
- Perform this exercise \_\_\_\_\_ times a day.
- Perform this exercise in \_\_\_\_\_ position.