

# SMOOTH PURSUIT



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

Step 2: While maintaining your focus on the object, move your finger side to side or up and down while keeping your head in place.

As this gets easier, try to speed up the movement of the object.

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

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