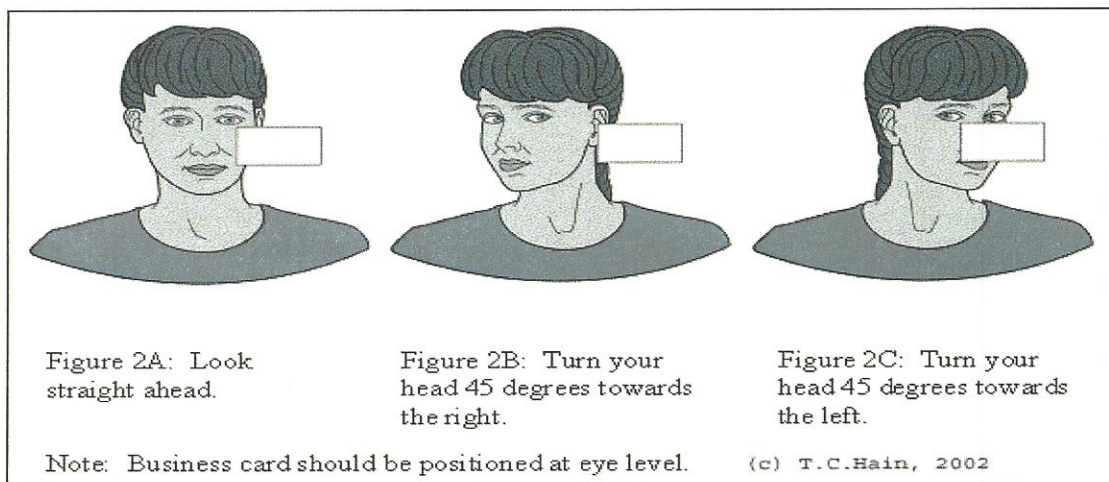


Gaze Stabilization Exercises

1. Hold your finger out in front of you (can substitute holding a large spoon, pen, or business card.)
 - Move your finger from side to side while at eye level.
 - Turn your head in the same direction and keep your eyes focused on your finger.
 - Complete 10 repetitions. Change hands occasionally.
 - Repeat twice and do 3 times a day. Slowly increase until you can tolerate 30 repetitions 3 times a day while sitting and standing.



2. Hold your finger out in front of you.
 - Move your finger up and down in front of you
 - Move your head up and down, keeping your eyes focused on your finger.
 - Complete for 10 repetitions and work up to 30.
3. Read a book out loud while turning your head from side to side.
4. Stand approx. 12 feet from a wall and bounce a ball against the wall and then catch it.
5. Place target sheets on the wall at arm's length. Hold head still and move your eyes as quick as you can from target to target.
 - Small targets (post-it) should be 8-10 inches apart.
 - Horizontally
 - Vertically
 - Repeat 10 times and do twice a day. Slowly increase until you can tolerate 30 repetitions 3 times a day while sitting and standing.