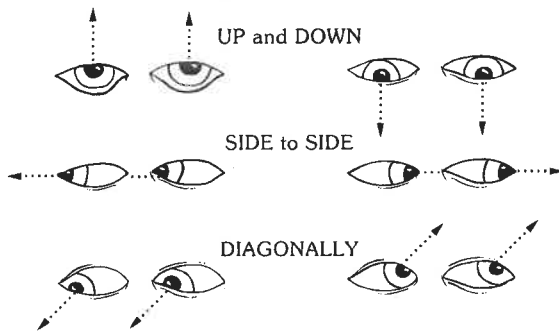


EYE EXERCISES - 1

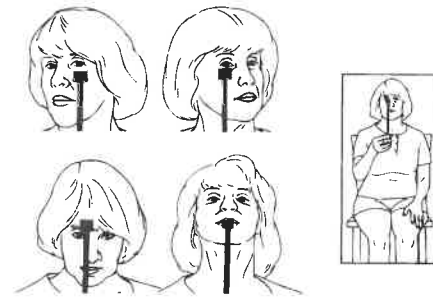
Movements: Eyes Only (Pictorial Reference)



Do not move head, move eyes up and down 10 times, then side to side 10 times, then diagonally 10 times. goal 2 sets, daily

EYE EXERCISES - 9

Gaze Stabilization: Sitting



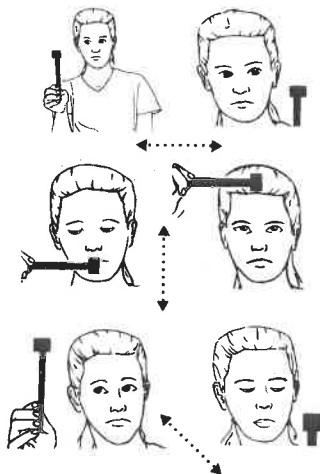
Keep eyes fixed on single stationary target held in hand
Tilt head down 15-30 degrees and move head side to side for 10 seconds. Repeat while moving head up and down for ____ seconds. EYES NOT MOVING, HEAD MOVING

Repeat sequence 2 times. Do 1 sessions per day.

EYE EXERCISES - 5

Oculomotor: Smooth Pursuits

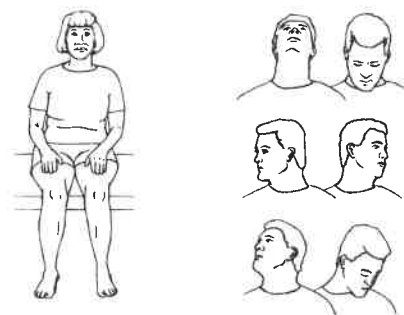
Holding a single target, keep eyes fixed on target. Slowly move it side to side while head stays still, eyes are following target.



10 times repeat 2 sets, daily

SITTING - 18

Head Motion



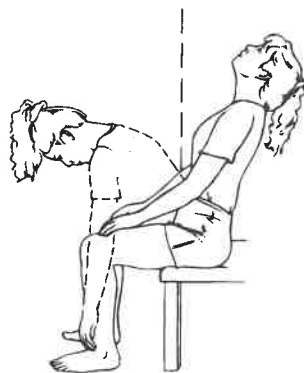
With feet flat on floor, hands resting on lap, move head: up-down, rest, repeat side to side and diagonally. Always resting inbetween exercises.

Repeat 8-10 times per session. Do 1 sessions per day.

SITTING - 9 Unsupported Anterior / Posterior Weight Shift: Upper Trunk Leading

Sit with feet flat on floor. Leading with head and shoulders bend down reaching forward with both arms toward ground. Return to upright position. Lean head and shoulders back looking up toward ceiling.

Hold each position 3 seconds.
Repeat 5 times per session.
Do 1 sessions per day. progress to 10 times



STANDING DYNAMIC - 10

Turning in Place:

Standing next to support on each side of body (chair on one side and counter on the other side to be safe) lead with head and turn slowly making quarter turns toward right, slowly quarter turn at a time completing a full turn.

After completing 1 turn rest, repeat in the OTHER DIRECTION, repeat 2 times, daily.

