

Gaze Stabilization Exercise

This exercise is completed in order to improve your ability to maintain focus on your world while your head is moving.

Instructions:

1. Look at a stable object (e.g. business card).
2. Turn head side to side as quickly as you can (approximately 30 degrees from midline) keeping the object in focus.
3. Complete exercise for 1-2 minutes.
4. Repeat with head moving up and down.
5. Exercise should be completed at least 3 times per day.



Complete this exercise in _____ position.

To advance, place object of focus on a busy background (e.g. checkerboard).