GAZE STABILIZATION X 1 VIEWING

https://youtu.be/5bXl-09XeC4

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Turn head smoothly from left to right without stopping in the center

Repeat Up / Down

1. Stand a few feet from target on wall. Focus eyes on target.
2. Turn head a small amount to the right and then to the left (or up / down)
3. Move your head as fast as you can, while keeping the target in focus.
4. Continue for seconds.

Repeat horizontally and vertically, each for repetitions. Repeat times per day.

Note: You might feel an increase in symptoms which is normal. If this lasts > 20 minutes please contact your physical therapist or follow their directions.