

GAZE STABILIZATION X 1 VIEWING

<https://youtu.be/5bXI-09XeC4>



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.