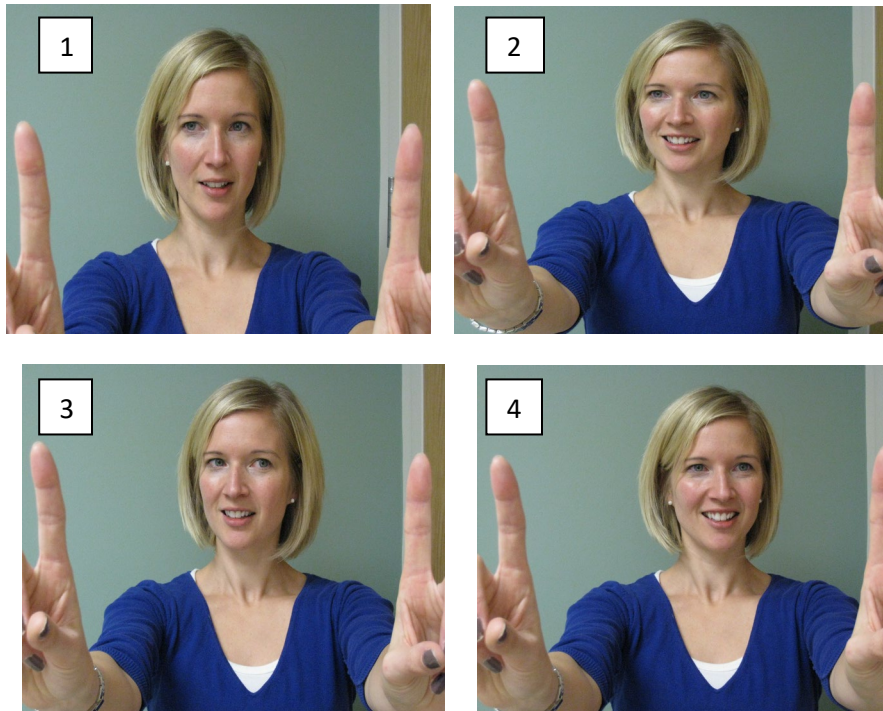


Vestibular Rehabilitation

Eye-Head Movements



Do this exercise while sitting / standing / walking

If sitting / standing: Tape the target X's on the wall about 3 feet apart. They should be at eye level. You can also use your index fingers as targets. Hold your index fingers about 12 inches apart at eye level.

If walking: Tape 6 target X's down the length of your hallway, both on the left and right side. They should be at eye level.

1. Keep your head still and move your eyes to look at the target X on the **RIGHT**.
2. Next, turn your head to so you are facing the target X on the **RIGHT**.
3. Keep head still and move your eyes to look at the target X on the **LEFT**.
4. Next, turn your head so you are facing the target X on the **LEFT**.
5. Repeat this sequence for 1 minute. Do this exercise 3 times each day.

Disclaimer: This document contains instructions for occupational and/or physical therapy exercises developed by the University of Michigan Health System (UMHS). Your health care provider has determined that these exercises are beneficial to you based on your condition at this time. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan, including whether it is appropriate to continue doing these exercises should your condition change.

Physical Medicine and Rehabilitation
PT/OT