

Exercise Prescription: Visual Motion Sensitivity Training

Purpose of Exercise: This is a vestibular exercise aiming to improve tolerance to motion sensitivity.

Starting Position: Sitting down, holding a pencil or similar object with a tip to focus on.

Exercise Description: Keep your gaze on the object while twisting your body side to side. Use a metronome set at the prescribed beats per minute (BPM) to determine how fast to perform this exercise. Make sure all movement comes through the hips rather than from the neck.

Progressions:

- Standing up
- Dimming/brightening the room
- Walking

Pictures:

