

## **Exercise Prescription: Gaze Stabilization**

Purpose of Exercise: This is a vestibular exercise aiming to improve the coordination of the neck, eyes, and inner ear.

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 turning your head side to side. Use a metronome set at the prescribed beats per minute (BPM) to determine how fast to perform this exercise.

### Progressions:

- Standing up
- Dimming/brightening the room
- Standing on one leg
- Walking
- Looking up and down

### Pictures:

