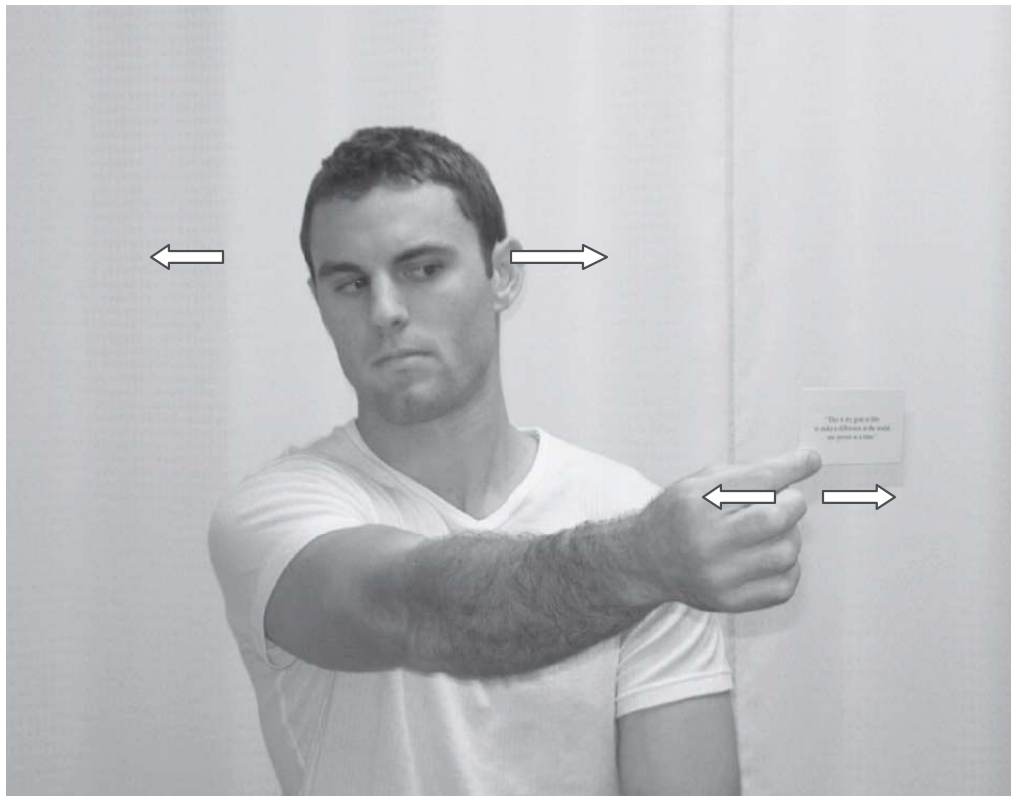


## Advanced Gaze Stabilization Exercise

This exercise is completed in order to improve your ability to maintain focus on your world while your head is moving.

Instructions:

1. Hold an object (e.g. business card) in front of you so you can read it.
2. Move the card and your head side to side in opposite directions keeping object in focus.
1. Complete exercise 1-2 minutes.
2. Repeat with head moving up and down.
3. Exercise should be completed at least 3 times per day.



Complete this exercise in \_\_\_\_\_ position.

To advance, place object of focus on a busy background (e.g. checkerboard).