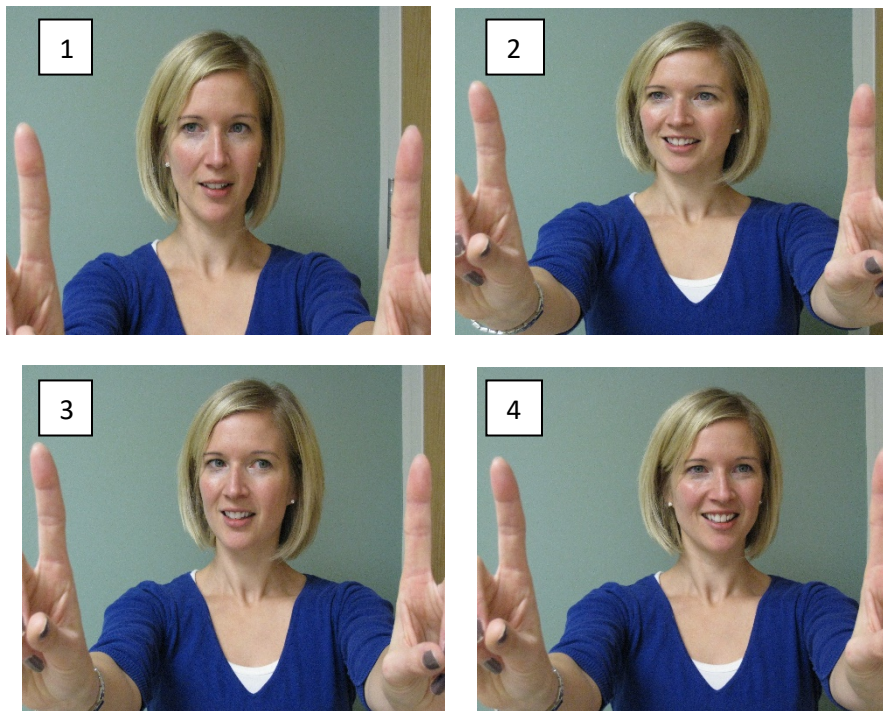


Vestibular Rehabilitation Corrective Saccades



Do this exercise while sitting down / standing up

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.

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.

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