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 right.
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.

To view a video Demonstration visit: http://www.med.umich.edu/careguides
In the keyword search box type: corrective Saccades and hit Search