

1. Sit down. Focus on an object 4 to 6 feet away. Shake your head horizontally from side to side, still focusing on the object. Repeat twice per second for 15 seconds. Count one-thousand-one, one-thousand-two, and so on to one-thousand-fifteen to keep pace and time.
2. Stand up and put a finger on a stable object (chair/table). Focus on an object 4 to 6 feet away. Shake your head horizontally from side to side, still focusing on the object. Repeat twice per second for 15 seconds. Count as you did in exercise 1.
3. Stand up without support or touching any object. Focus on an object 4 to 6 feet away. Shake your head horizontally from side to side, still focusing the object. Repeat twice per second for 15 seconds.
4. Stand up and close your eyes (with and then without support). Focus on an object 4 to 6 feet away. Shake your head horizontally from side to side, still fixating on the object. Repeat twice per second for 15 seconds.
5. Stand up. Focus on an object 4 to 6 feet away. Shake your head vertically up and down, still focusing on the object. Repeat twice per second for 15 seconds.
6. Walk forward. Focus on an object 4 to 6 feet away. Shake your head horizontally from side to side, still fixating on the object. Repeat twice per second for 15 seconds.
7. Stand on a pillow from your couch in a corner of the room. Remain there for 1 minute, and then close your eyes and remain standing like this for another minute. If it is difficult, place a chair in front of you; initially you may put a fingertip on the chair.
8. Stand up, again in a corner of the room, holding a glass of water that is filled halfway. Remain there for 1 minute, and then close your eyes and remain standing like this for another minute. If it is difficult, put a chair in front of you; initially you may put a fingertip on the chair.
9. Walk outdoors for at least 30 minutes a day. Try window-shopping, which will cause you to turn your head from side to side when you walk.

How to perform the head movements

Begin to smoothly shake your head. Increase the speed until your vision becomes blurred. Decrease speed to regain clear vision and then increase again. The idea is to push the limit to where your vision becomes blurred. Try to perform these exercises 3 times per day.

Warning: You may experience dizziness when performing these exercises

- 1- In bed laying down
 - a. Eye movements (first slow then quick):
 - i. up and down then side to side
 - ii. Focus on your finger moving from 3 feet to 1 foot away from your face
 - b. Head movements (first slow then quick, after becoming comfortable repeat the exercise with eyes closed)
 - i. Tilt your head forward and backward then side to side
- 2- Sitting:
 - a. Repeat the eye and head movements as above
 - b. Shrug your shoulders and circle them
 - c. Bend down and pick up objects from the floor
- 3- Standing:
 - a. Eye, head and shoulder movements as above
 - b. Change from sitting to standing slowly first with eyes open then with eyes shut
 - c. Throw a ball from hand to hand above your eye level
 - d. Change from sitting to standing and walk around then proceed to "e"
 - e. Throw a ball from hand to hand under your knee level
- 4- Moving about:
 - a. Circle around another person who will throw you a large light ball and throw it back to him/her
 - b. Walk across the room with eyes open and closed
 - c. Walk up and down a slope with eyes open and closed

All these exercises need to be done in a safe environment and if needed with assistance.

Please observe common sense.

Once you have mastered these exercises enroll in a beginner's yoga class.