Gaze Stabilization

Exercises for the Inner Ear (Eye-Head Coordination)

Practice head-eye coordination to help your brain (cerebellum) get better at keeping your eyes focused while your head is moving.

Exercise 1 (x1 viewing)

1. Tape a card with one letter or word onto the wall at eye level.
2. Turn your head side to side quickly while focusing on the letter or word.
3. Turn your head for ____________ without stopping. Goal is to work up to ____________.
4. Repeat this exercise moving head up and down.
5. Do this exercise at least 3 times per day, ____________ minutes total per day.

Different ways to do the exercise

**Body position**

- Sitting
- Standing with feet:
- Marching in place

□ Walking:
  - Forward
  - Forward and backward
  - Other: ______________________________

**Target distance**

- Held at arm's length or on wall (3 feet away)
- Larger letter or word 6 to 10 feet away
- Other: ______________________________

**Background**

- Plain
- Pattern (try a checkerboard or wrapping paper)
- Other: ______________________________

**Tips for best results**

- The letter or word should be in focus with your head still. Make the letter or word small enough that it’s hard to focus on when turning your head.
- Don’t turn your head more than 20 to 30 degrees.
- Push through any dizziness you may feel during the exercise. Slow down if you get too dizzy.
- Rest between exercises to let symptoms ease off.
- If you wear glasses, have them on.

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Practice head-eye coordination to help your brain (cerebellum) get better at keeping your eyes focused while your head is moving.

**Exercise 2 (x2 viewing)**

1. Hold a card with one letter or word at eye level.
2. Turn your head and move the card side to side in opposite directions, focusing on the letter or word.
3. Turn your head for ______________ without stopping. Goal is to work up to ______________.
4. Repeat this exercise moving head up and down.
5. Do this exercise at least 3 times per day, ____________ minutes total per day

**Different ways to do the exercise**

**Body position**

- Sitting
- Standing with feet: ☐ ☐ ☐
- Marching in place
- Walking:
  - Forward
  - Forward and backward
  - Other: ____________________________

**Target distance**

- Held at arm’s length or on wall (3 feet away)
- Larger letter or word 6 to 10 feet away
- Other: ____________________________

**Background**

- Plain
- Pattern (try a checkerboard or wrapping paper)
- Other: ____________________________

**Tips for best results**

- The letter or word should be in focus with your head still. Make the letter or word small enough that it’s hard to focus on when turning your head.
- Don’t turn your head more than 20 to 30 degrees.
- Push through any dizziness you may feel during the exercise. Slow down if you get too dizzy.
- Rest between exercises to let symptoms ease off.
- If you wear glasses, have them on.