

Visual Motion Sensitivity

This exercise will help you keep your eyes focused when in motion.

- Holding a target at arm's length, just below / even with your nose.
- Focus your eyes on the target.
 - Rotate side to side, moving head, neck, and trunk all together while keeping your eyes on the target.
 - Do this exercise in the _____ position.
 - Do this exercise at a slow / moderate / fast speed.
 - Do in front of a busy background.
- Alternatives:
 - Move arms up above head, then down below waist while keeping your eyes on the target.
 - Toss the ball up and catch, keeping eyes on the ball.
 - Move your arms in a figure 8 shape, keeping your eyes on the target.
 - Move your arms in a circle, keeping your eyes on the target.
 - Move your arms in a diagonal direction, keeping your eyes on the target.
- Do this exercise _____ times for _____ sets or repeat for _____ seconds or _____ sets.
- Do this exercise _____ times every day.

Notes:

- The target should remain in focus at all times. If the target is blurry, slow down your speed.
- This exercise should make you feel slightly dizzy. That feeling should not last more than 5 minutes.