

The exercises

Eye exercises - sitting down

1. Move your eyes (a) up and down (b) side to side.
2. Focus on your finger and move it from arms length to one foot from your face.

Head movement exercises

3. Bend your head forwards, then backwards.
4. Twist your head from side to side.
5. Tilt your head to each side.
6. Repeat exercise 3 with your eyes closed.
7. Repeat exercise 4 with your eyes closed.
8. Repeat exercise 5 with your eyes closed.

Body - sitting down exercises

9. Bend down to pick up an object from the floor.
10. Bend down to pick up the object, then sit up and twist round to put it behind you –first one side and then the other.
11. Lean your head and shoulder over to each side.
12. Throw and catch a ball – above your head and to the side.

Standing exercises

13. Move from sitting to standing and back again, with your eyes open. Use a chair with arms if this helps.
14. Repeat this movement but with your eyes closed. As you improve you can try to use a good solid chair without arms.

Lying down exercises

15. Roll your head from side to side, and over the edge of the bed.
16. Roll your whole body from side to side.
17. Sit up from lying on your back and on your side.

Eye exercises

18. Put a post card on the wall at eye level in front of you. Move your head to the right and then the left, trying to keep the words in focus. Try to speed the movement up but still keep the words in focus. Do this for 1-2 minutes without stopping.
19. Repeat the exercise moving your head up and down
20. Put two cards on the wall next to each other so that when looking at one you can see the other out of the corner of your eye. Look directly at one card. Then keeping your head still look at the other card, then afterwards turn your head towards the other card. Make sure you keep the card in focus during the head movements.

Do this in the opposite direction and then move the cards so you can then repeat the exercise moving your eyes up and down.

Advanced exercises

The following exercises are not suitable for everyone. If you would like to try them it may be helpful to have a friend or family member present to help you in case you become unsteady. If you do not feel safe doing some or all of these exercises, please stop and do not continue with them.

Make sure the floor is clear before you start.

You will find it easier if you take your shoes off to do these exercises.

21. Walk across the room with your eyes open, ten times.
22. Using the edge of your sofa or bed as a guide, walk across the room with your eyes closed. If you find this difficult, do it very slowly and even have a friend to help you.
23. Walk up and down the bottom five steps of your staircase with your eyes open. Do this three times and use the banister to help you if you need to. Then repeat this with your eyes closed.
24. Stand with your feet shoulder width apart with your eyes open, looking straight ahead at something on the wall. If you need to steady yourself place your hand on the wall next to you. Take your hand off of the wall for longer periods. Do this first with your arm outstretched touching the wall and then with your arms close to your body. Then try with your arms folded across your chest.
25. As you improve on this exercise gradually move your feet from shoulder width apart to feet together and then with one foot slightly in front of the other. Hold each position for 15 seconds and then move on to the next position moving your feet an inch at a time. As you improve try to place one foot fully in front of the other (heel to toe).
26. Do exercises 24 - 25 again but with your eyes closed.
27. Do exercises 24 - 25 while standing on a soft surface, like a thin carpet, progress on to a thicker pile carpet.
28. Do exercises 24-25 while standing on a foam cushion. This will be much harder to do, so please make sure you are safe while performing this one.
29. With another person's help or walking close to a wall for safety, walk forwards, backwards and sideways, twisting your head

from side to side while you walk and looking at different objects. Then do this moving your head up and down.

30. Repeat exercise 29 with your eyes closed.
31. Practice turning as you walk, at first in a large circle but gradually making smaller and smaller turns. Do this in both directions.
32. Walk with another person, in a straight line and then in a circle while throwing and catching a ball.