

HORIZONTAL HEAD MOVEMENTS

1. Sit in a comfortable position, with your feet flat on the floor and your hands on your thighs.
2. Keeping your trunk still, quickly turn your head and look to the right, then turn your head and look to the left, and then return to center and look directly in front of you. Hold for 5 seconds. Pause, and then repeat the entire exercise.
3. For best results, focus your eyes on an object or target in each direction you turn your head, including when facing forward.

* Repeat **15 - 20** times.

* Do **2 - 3** times daily.

