

STAGGERED HEAD NOD & TURN



1. Stand beside a wall, counter, or stable chair (no wheels). Rest hand on support.
2. Feet side by side, one foot slightly ahead of the other, as if to take a step.
3. With eyes OPEN, stand as still.
4. Slowly move head & eyes toward ceiling. Pause. Return to center.
5. Slowly move head & eyes toward the floor. Pause. Return to center.
6. Slowly move head & eyes to left. Pause. Return to center. Repeat to right.
7. Repeat for 20-30 seconds or 10 times each direction.

GOOD FOR

Walking in stores
Vertigo
Crossing a street
Turning if name called
Multi-tasking

REPEAT

2-3 times daily

TIPS

- Wear supportive shoes with rubber soles
- Move eyes & head together
- Don't lock knees
- Choose a focal point when facing center
- Stand up straight
- Keep stomach tight & remember to breathe!

READY FOR MORE?

Move faster
Close eyes
If stable, lift hand from support – but keep it nearby