

① – ④ Exercises to perform while lying down



① Hold your head still and first focus with your eyes on a point. Then move only your eyes: first up and down, then from left to right (slow at first and then faster later).



② Focus your eyes on a point. Then turn your head left and right and back again (slow at first and then faster later).



③ Focus on a point on the ceiling and maintain eye contact while you turn your head from left to right and back again.



④ Extend your arm and focus on your index finger. Then guide your finger to your nose and back, without losing sight of your finger.

⑤ – ⑧ Exercises to perform while seated



⑤ Focus on a point and maintain eye contact. Bend your head forward and then backward, then to the right and left and back again (slow at first and then faster later).



⑥ Place an object in front of you on the floor. From an upright seated position, bend towards the object and pick it up (each time with eyes closed and eyes open).



⑦ Extend your arm and focus on your index finger. Then guide your finger to your nose and back, without losing sight of your finger.



⑧ Sit on the edge of a bed or sofa, focus on a point and maintain eye contact. Gently bend your upper body first to the left and then to the right (do not speed up!).

⑨ – ⑩ Exercises to perform while standing



⑨ Rotate your upper body (head, shoulders and torso) to the left and right (each time with eyes closed and eyes open). With your eyes closed, imagine a visual target and follow it in your mind's eye.



⑩ Throw a ball at eye height from one hand to the other, while keeping your eyes open. The closer together your feet are, the more difficult the exercise is. Start with your feet hip-width apart!

