



MOTION GUIDANCE: CERVICAL HOME EXERCISE

Client Name: _____ Date: _____

To Calibrate your head position to the flag, aim your head toward the center of the flag and then adjusting the laser beam to also be in the center of the flag.

These exercises can be performed sitting, or standing, facing the flag grid.

Exercise 1: "Around The Clock"

Instruction: Start with the laser beam in the center of the clock, a few feet away from the clock grid. Go around the clock hitting all numbers, and then reverse. If you have a partner present, have them call out random numbers to test your reaction time. Each time you hit a number, return to center. A great app that can be downloaded to your phone and used with this drill is the "Clock Yourself" app! PRACTICE FOR 2 MIN

Exercise 2: "Locate the Target"

Instruction: Start with the laser beam in the center of the grid, 4-5 feet from the tracking grid. You will see 8 circles surrounding the outer parts of the flag. Go to each circle and return to center. Work on your ability to "land on target" without over-shooting or under-shooting the target. You can increase your speed as you are able, and remember to try to stop directly on the target! PRACTICE FOR 2 MIN

Exercise 3: "Butterfly"

Instruction: Start with the laser beam in the center of the grid, 4-5 feet from the tracking grid. Next, trace the small butterfly pattern, clockwise and counter clockwise, then the large butterfly clockwise and counter clockwise. You can also practice "figure 8" motions by fluidly tracking the left upper and right lower quadrant, for example. Work on speed, while remaining accurate. If you want to challenge yourself in specific ranges of motion, you can rotate your body (if standing) 45 degrees to the left, and this will work on movement control in right rotation. You can also angle your seat 45 degrees to achieve this. PRACTICE FOR 2 MIN

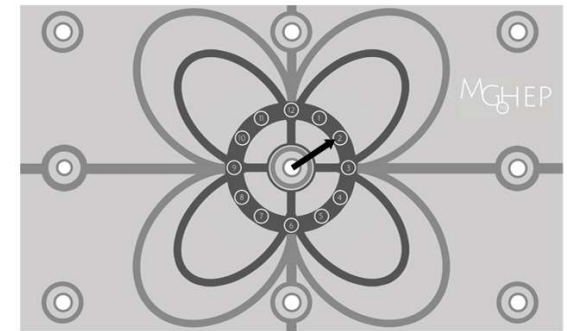
Exercise 4: "Test Your Positional Awareness"

Instruction: Start with the laser beam in the center of the grid, seated or standing about 5 feet from the grid. Notice the 8 outer circles. The goal here is to practice locating the circles with your eyes closed, and opening your eyes to check your accuracy. This drill works on teaching you to use your kinesthetic awareness to determine where your head is in space. For example, lets start at the top circle. Start with the laser centered, and go to the top circle and back 5 times eyes open. Next, with the laser in center, close your eyes, and try to move to where you think the top circle is. Open your eyes and check how accurate you are. Repeat this 5 times, then move to the next circle. For each circle, perform 5 test runs with the eyes open, then move on to closing your eyes. PRACTICE ON EACH OF THE EIGHT CIRCLES.

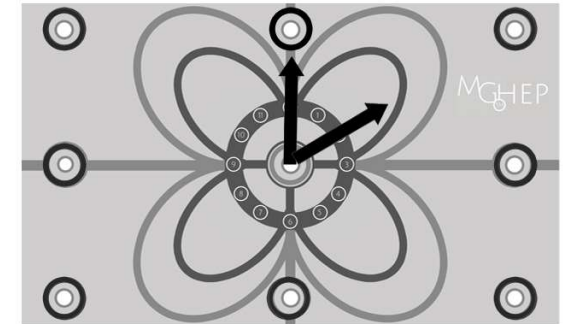
Exercise 5: "Dissociate Your Movement"

Instruction: Start with the laser beam in the center of the clock, a few feet away from the clock grid. This exercise tests your ability to keep the laser beam STILL, while rotating your body under a fixed head. With your arms across your chest, slowly rotate your chest fully left and right, slowly, for 1 minute. This works on neck rotation, but indirectly.

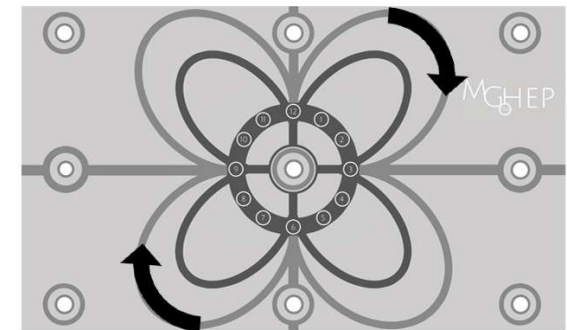
EXERCISE 1



EXERCISE 2



EXERCISE 3



EXERCISE 4

