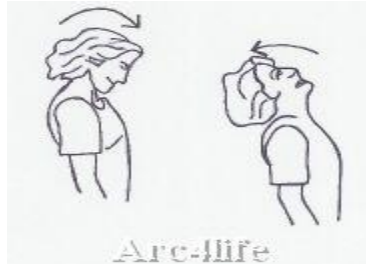


Vestibular Loading

*Use vestibular movements to improve visual motor skills, these movements can be done with eyes open or closed.

1. Tilt your head forward and backward- 5 times



2. Look to your left then your right -5 times



3. Bend your head 45 degrees to your left &right- 5 times



4. Turn your head slowly to clock direction with making wide circle. 5 times each way

