

# Progressing Your Exercises



Once you are comfortable with your eye, balance or balance canal exercises then you can progress them. If you do these exercises correctly they will help your nervous system become stronger and more adaptable.

However please remember it's **IMPORTANT** that you are careful doing these exercises. It might not seem like you are doing much but they have a surprisingly powerful effect. These exercises seem simple and it might be tempting to do them more than we recommend. This is likely to cause you problems. If you put more electricity through a fuse than it can handle – what happens to the fuse? It's the same with your nervous system.

When doing these exercises it is important that:

- **you do not feel dizzy at all;**
- **that you do not feel like the world you are looking at is jumping around or moving;**
- **that you are not getting any subtle tensions or twinges around your face and eyes;**
- **that your vision is not subtly 'blacking' out, blurring or your eyes are moving off the target;**
- **that you feel okay inside i.e. centred and balanced and that it is not making you feel more anxious.**
- **you are not getting any increased pain with the exercise.**

With these exercises perfect practise makes perfect. If you feel you have a problem doing these exercises it's important to repeat them in a way that stops causing you the symptoms. You could try repeating the exercise 50% **more gently – slower, smaller movements or less repetitions**. If you still have problems, please stop doing the exercises and consult your chiropractor or other balance expert.

You will benefit more from these exercises if you do them when you are at your most **fresh**, so probably avoid doing them too early or late in the day and when you're hungry.



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# Progression

The exercises in these subsections are listed in terms of increasing difficulty. It takes the nervous system a minimum of about 2 weeks to strengthen. This means you can progress the exercises (baby steps) every fortnight. Remember to use the 50% rule – if you feel you've done too much then you've done at least 50% too much. Halve what you're doing.

**Target** - If you are using a target (i.e. something to fix your eyes on):

- Use a smaller target
- Place the target in front of a visually busy or moving background e.g. a checker board pattern or the white snow effect of an untuned analog TV.
- Use a moving target
  - Speed of movement
  - Size of movement
- Reducing the lighting

**Head Movements** –

- Increase the
  - speed of your head movement
  - size of your head movements
  - number of repetitions

**Your posture** – vary your posture

- Sit
- Stand
  - feet apart
  - feet together
  - one foot in front of the other
  - stand one leg
- Unstable surface sat/ stood – wobble board, cushion or mattress
- Standing or sitting moving the body
- Walking

