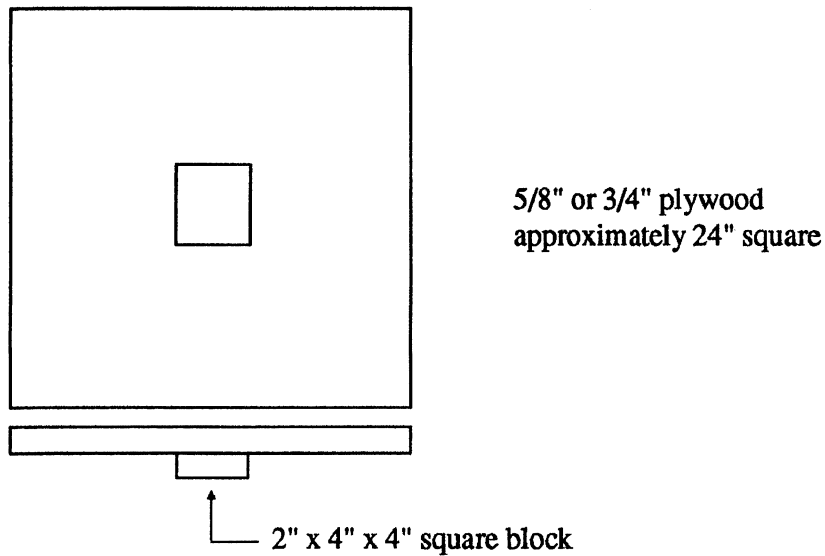


BALANCE BOARD

PURPOSE: To develop freedoms between the visual and other postural and gravitational systems

APPARATUS:



METHOD:

Instruct patient to:

1. Stand with easy erect posture--chin up, feet spread apart, knees straight but not locked.
2. Practice balancing, rocking rhythmically right and left, forward and back, and rotating both clockwise and counterclockwise.
3. Keep looking at visual targets in various positions and directions.
4. Use as directed in instructions for individual home activities.

ASPECTS TO BE EMPHASIZED:

1. Feel balancing and counterbalancing in various parts of your body--arms, legs, etc.
2. Ease of maintaining balance while performing the various home activities assigned for use with balance board.

MONOCULAR _____ BINOCULAR _____ SEPTUM _____ LENSES _____ TIME _____