

**Parkwood Institute
Acquired Brain Injury
Outpatient Program
Tip sheet**



Walking and looking

Purpose: To be able to walk and move your head and eyes without symptoms of dizziness or unsteadiness.

Starting position: Stand in a space where you can walk in a straight line without bumping into anything.

Exercise: Start walking across the room at a comfortable pace. While walking, move your eyes right to left or up and down (at your own pace). Maintain your walking speed while moving your eyes. Next, move your head and eyes together to look right to left or up and down.

Ways to make it easier: If task is too difficult try wearing Theraband compression or walk slower.

Ways to make it harder:

- Have someone walk beside you and throw and catch a ball with them. Look in the direction you are throwing and catching from.
- Count backwards by threes while doing the exercise
- Walk faster
- Do the exercise on a treadmill
- Move your head diagonally (e.g., up and to the left/down and to the right).