

Blind spot check

Purpose: To increase your ability to turn your head and body easily and efficiently. It also helps you move your eyes, head, and neck separately.

Starting position: This exercise can be done while sitting (supported on a chair or unsupported on the floor or any flat surface) or standing.

Exercise: Keep your head still and facing forward. Turn your eyes to the left, then turn your head to look over your left shoulder. Keep your eyes looking left. Then return your head and eyes to face forward in one smooth motion. Ask someone to watch your eyes to ensure they return forward without stopping along the way. Repeat the same activity looking to the right.

Make it harder: If you tried the exercise while sitting, try standing. If standing, add a 180 degree turn of your whole body after turning your head. To make it more difficult try the exercise on an unstable surface like sitting on an exercise ball.