

General Habituation Exercises Principles

- A. Start exercising **seated** and progress to **standing**.
- B. Start performing **slowly** and progress to **rapid** performing.
 1. Acquire the position which activates symptoms and hold for 30 seconds. *Repeat until symptoms diminish.*
 2. Move eyes up and down, and side to side with head stationery.
 3. Repeat exercise while focusing on a finger held in front of the face.
 4. Bend over to pick up objects 20 to 30 times.
 5. Watch the ball while throwing it from hand to hand 20 to 30 times.
 6. Walk across a room 10 times with eyes open.
 7. Walk across a room while turning the head slowly from side to side while focusing on fixed items on the wall.
 8. Walk across room 10 times with eyes closed.

Souza, TA, DC, *Differential Diagnosis and Management for the Chiropractor*, 4th Ed., 2009, Exhibit 18-2.