



MOTION GUIDANCE HOME EXERCISE SHEET

Client Name: _____ Date: _____

To Calibrate your head position to the flag, aim your head toward the center of the flag and then adjusting the laser beam to also be in the center of the flag.

These exercises can be performed sitting, or standing, facing the flag grid.

Exercise 1: DO FOR ____ MINUTES

Instructions:

Exercise 2: DO FOR ____ MINUTES

Instructions:

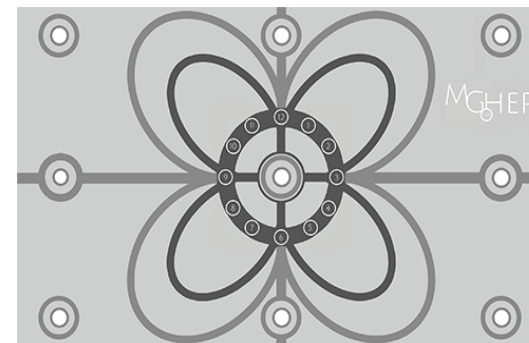
Exercise 3: DO FOR ____ MINUTES

Instructions:

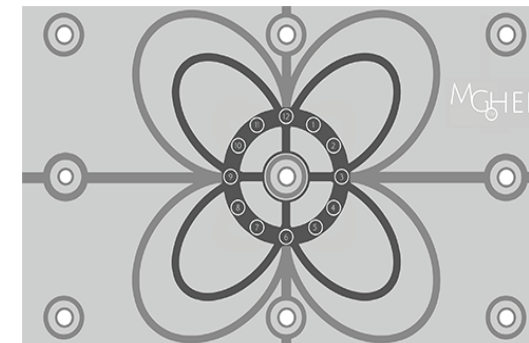
Exercise 4: DO FOR ____ MINUTES

Instructions:

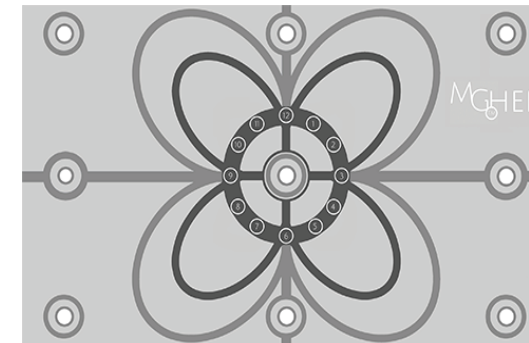
EXERCISE 1



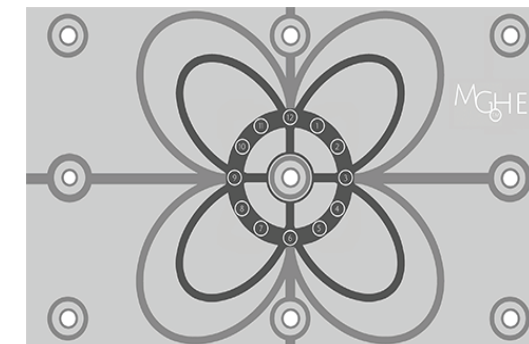
EXERCISE 2



EXERCISE 3



EXERCISE 4



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