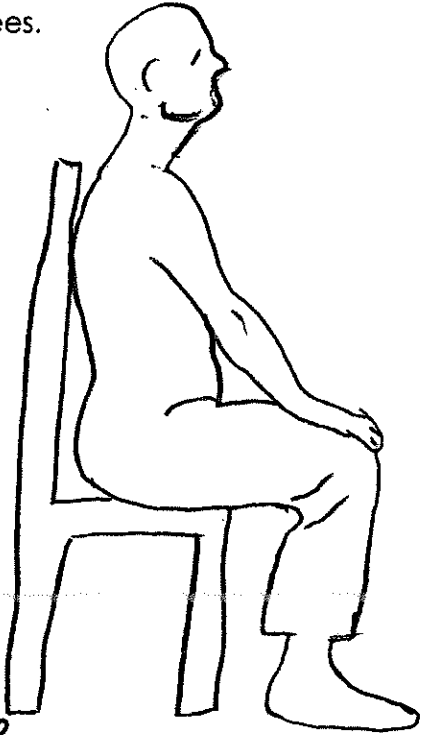


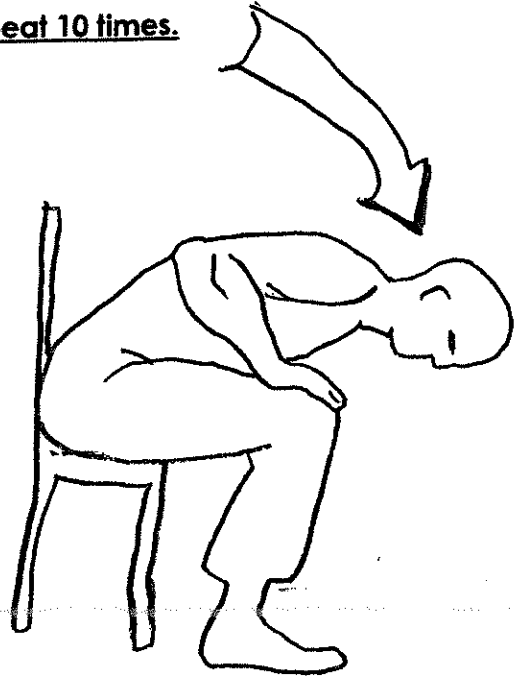
HABITUATION EXERCISES

EXERCISE 1

- 1) Sit erect with knees bent and comfortably apart. Place hands on knees.



- 2) Bend at the waste 90° toward your knees. Return to upright position. **Repeat 10 times.**



EXERCISE 2

- 1) Sit erect with knees bent and comfortably apart. Place hands on knees. Turn your head to the RIGHT, bend toward your knees and return to upright position. **Repeat 10 times.**

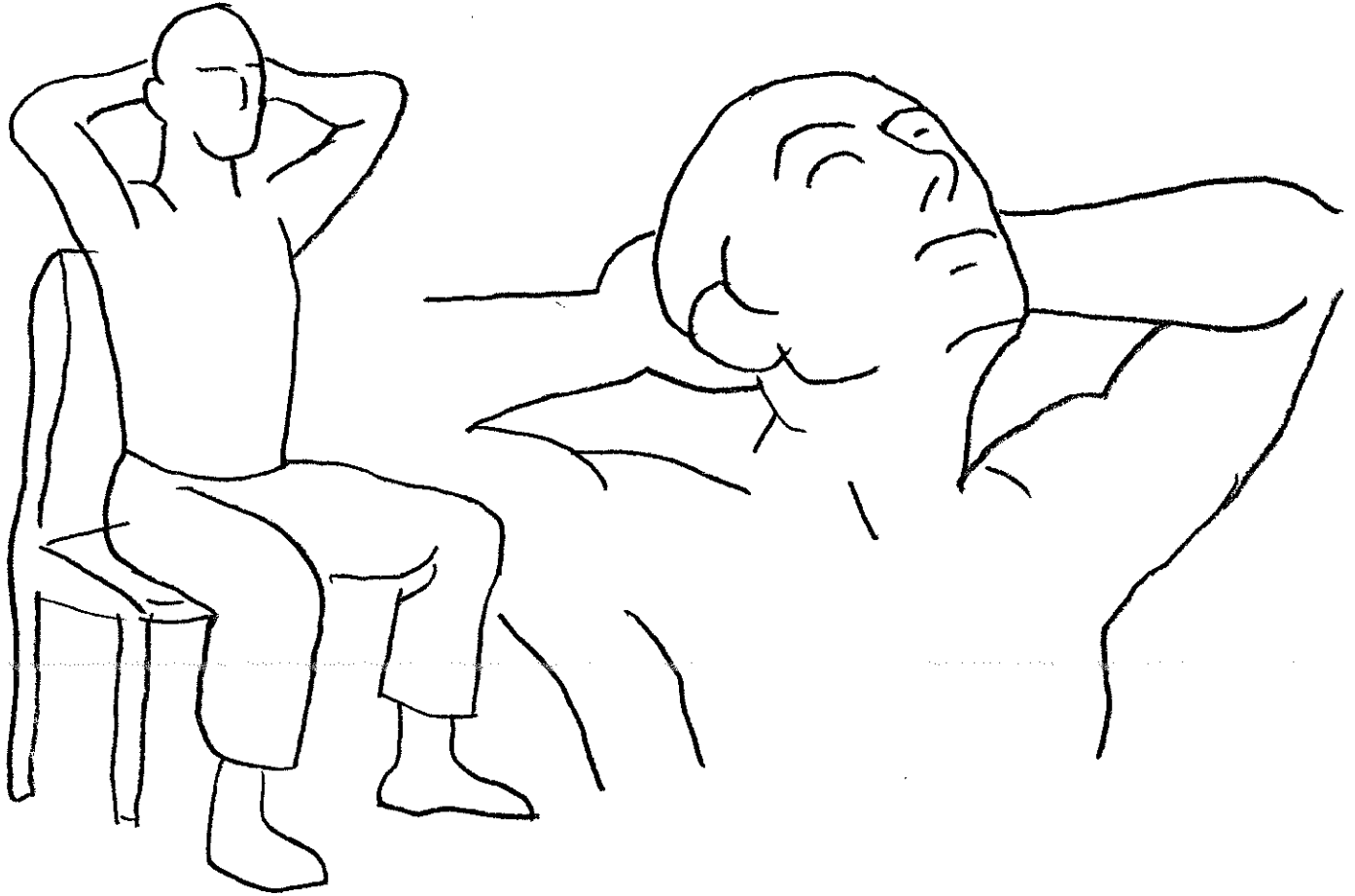


- 2) Repeat step 1) but this time turn to the LEFT. **Repeat 10 times.**



Exercise 3

- 1) Sit erect with knees bent and comfortably apart. Place hands behind the head. Bend head back, looking toward the ceiling. Return to forward facing. **Repeat 10 times.**



Exercise 4 – Can be done on a bed or the floor.

- 1) Lie down on your back. Roll over to your front, and then roll to your back again. **Repeat 10 times.**

