

PERIPHERAL VISUAL ALTERNATION IN STANDING



Stand with your feet shoulder width apart, with your hands and arms relaxed by your side.

Sense your toes and inside arches on the ground or floor. Use shoes if necessary.

Slide your tongue through your front teeth and then gently pull it back in your mouth, keeping the 'freeway space' that was just created.

Keep this freeway space and your tongue relaxed as you slowly breathe in through your nose and out through your mouth. Place your tongue on your upper, front palate as you breathe in through your nose and then relax as you breathe out through your mouth.

Continue to breathe in the above manner as you move your eyes to the left and your mandible to the right gently, and slowly, without the use of the tongue. Don't move the mandible too far laterally, as you may use your tongue to help move the mandible, which is not desirable. Don't strain your eyes while looking to the left, as you may lean your head to the left to "see" which is also not desirable.

Move your right hand and arm forward as you move your left hand and arm backward.

Without "looking" to the right by turning your eyes to the right, use your peripheral vision to "see" and locate the right hand and arm.

Hold this 'peripheral awareness' position for 3 to 4 breaths, and then return your eyes back to the midline of your forward focus. Find your freeway space again with the use of your tongue and then gently pull it back in your mouth.

Look to the right with both eyes, and continue to breathe as before. While keeping your eyes turned to the right, move your mandible to the left without using your tongue.

Move your left hand and arm forward as you move your right hand and arm backward.

Without "looking" to the left by turning your eyes to the left, use your peripheral vision to "see" and locate the left hand and arm.

Hold this 'peripheral awareness' position for 3 to 4 breaths and then relax your eyes and mandible.

Repeat the above steps in the outlined sequence.

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