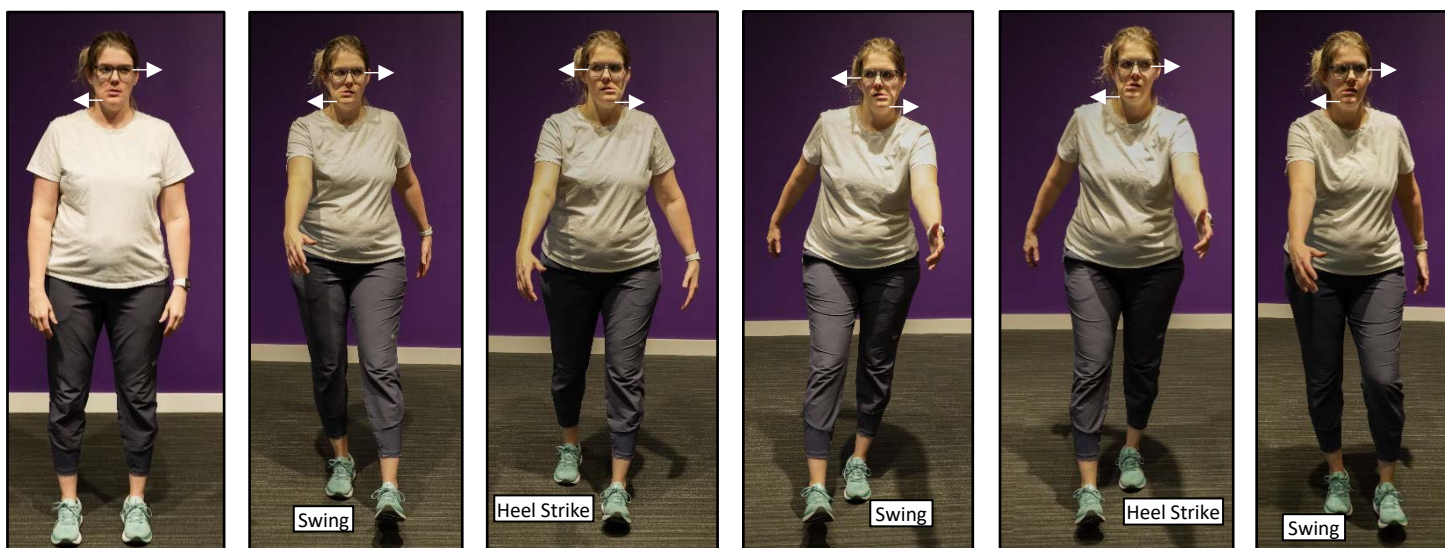


## PERIPHERAL VISUAL ALTERNATION IN FORWARD LOCOMOTION



Place shoes on your feet that provide good medial arch sense awareness. Stand with your feet shoulder width apart with your hands and arms relaxed by your sides.

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

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 this manner as you carry out the remaining steps.

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 the right hand and arm and left foot and leg forward. 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 moving forward.

As the left heel hits the floor, move your mandible slowly to the left without the use of the tongue, and simultaneously move your eyes to the right. Your left hand and arm and right foot and leg should be moving forward. 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 moving forward.

Continue to move yourself forward by moving your mandible slowly to the right gently again, as the right heel hits the floor and simultaneously move your eyes to the left. Your right hand and arm and left foot and leg move should be moving forward. 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 moving forward.

Continue to alternate in this manner as you move your body forward.