

Coastal Neurological Medical Group, Inc.

Dee E. Silver, M.D.

We're here to help!

Movement Disorders
Neurodegenerative Diseases
Neuro-Ophthalmology
Botulinum Toxin Injection
Headache

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www.pdasd.org

Neurological Rehabilitation
DBS Programming
Electromyography
Electroencephalography
Electronystagmography

Exercise

Sitting on chair:

1. Turn head to the right 10 times
2. Turn head to the left 10 times
3. Bend head down 10 times
4. Bend head back 10 times

Lie on your back:

5. Roll over to your right side and then return to your back 10 times
6. Roll over to your left side and then return to your back 10 times

Sitting on chair:

7. Look up, down, right and then left 20 times

Do all above 3 times a day.

Use walker for assistance if necessary.