**CGA – PROCEDURE (Collier Gravity Activity)**

**Baseline Awareness**

▸ Lay on your back (choose comfortable flooring, but firm)

▸ The harder the surface, the easier it is to feel gravity.

▸ Close your eyes and try to feel and be conscious of your body touching the surface.

▸ Is it an equal feeling or is there a difference between arms, legs, balance?

▸ When a difference occurs you can reposition arms, legs, spine, before starting the procedure.

**Eye Movement Awareness**

▸Look straight up (center) with your eyes closed

▸ Now make a jump saccade (look with eyes not your head) downward with your eyes closed as if you were looking at your feet.

▸ Now try to feel if there is a change in pressure on your feet or hands. Was there any kind of change?

▸ Do you have the impression your body has tilted towards the feet and less pressure on the head and shoulders?

▸ Look back with your eyes to the primary position (center) and

See if you recover the feeling of balance.

▸ Be aware of hand - feet (body) positions and pressure.

▸ Repeat: It is okay to repeat the eye movement (look down, then back to center) if you need too in order to determine a change in balance or symptom.

**Motion Awareness/Recovery**

▸Maintain a relaxed concentration on body awareness.

▸ Sometimes a feeling of floating - rocking (like you‘re on a ship) occurs.

▸ This is normal, because the awareness of the identification of

gravity is on a higher level and the influence it has on his steady state may change.

▸ The goal is to not struggle against it but by

feeling hands and feet to get a faster reassurance or recovery of feel stable.

▸ Since the body is completely supported, you

can be reassured that nothing can happen and you

will not fall.

**Eye Movement Procedure Sequence**

▸Combine different eye-movements: (Center = looking straight ahead)

▸Center - Down - Center /possible body tilt sensation Down

▸Center - Up - Center /possible body tilt sensation Up

▸Center - Left - Center /possible body tilt sensation Left

▸Center - Right - Center /possible body tilt sensation Right

▸Center - Down/Left - Center /possible body tilt sensation DL

▸Center - Up/Left - Center /possible body tilt sensation UL

▸Center - Down/Right - Center /possible body tilt sensation Center

▸Up/Right - Center /possible body tilt sensation UR

▸Then repeat if needed or repeat directions that felt good.

**Activity Guidelines**

▸ Duration of the procedure depends on

person‘s ability.

▸ Start with 3 to 10 movements in each direction.

▸ Procedure can vary from 3 to 10 min.

Sometimes people want to exaggerate -

*Golden rule -do not overdue.*

▸ Procedure has to be done once a day for 1 to 2

weeks.

▸ Procedure has to be done without habitual correction (do not wear prescription contacts or glasses during this activity initially!

▸Repeat afterwards the procedure with correction and notice the difference.

▸ Maintain relaxed breathing during the procedure and be

 aware of it.

▸ The goal is to identify the feeling the floor and your body, so stop

thinking.

▸Record changes or improvements using the chart below.

Alternative Procedure: If there is severe symptoms and no gain is being made try this as an alternative:

* Instead of making a quick saccade in each direction try looking into one direction but in increments. Go ¼ of the way and move eyes very slowly. Then go back to center. If still feeling stable, slowly go to ½ of the way and so on. Work to remain grounded.
* Instead of following the full sequence each time, start with just one direction and slowly work to gain the feeling of being grounded. Or start with just 2 directions, then 3, and so on…
* Try holding the eye position for 3 seconds, 5 seconds… until being able to hold the position without symptoms.

**Progression:**

1. Perform the CGA Procedure 1 time a day until feeling symptom free for one week
2. Then progressing to sitting for 1 week. This can be sitting on the floor, or sitting in a chair.
3. Final progression is standing for 1 week symptom free (okay to stand against the wall 1x wk then move to free space standing).

Key: R= Rocking T=Tilting/Tipping N=Nausea S=Spinning

D=Dizzy F=Floating DR=Drifting FL=Flipping

