

**Set of standardized instructions for planar movements**

<b>1. Open eyes at subject's own pace</b>		
<p>"Please sit upright comfortably on the chair leaning on the back and resting your hands on the thighs. The movements should only be performed by moving your neck, avoiding moving your trunk, which must be supported by the back of the chair, or your shoulders, which must remain in a relaxed position."</p>		
<b>Flexion-extension</b>	<b>Rotation</b>	<b>Lateral flexion</b>
<p>"As you can see, the movement consists of flexing your neck bringing your chin closer to your chest and then extending your neck back in a controlled manner in the opposite movement"</p>	<p>"As you can see, the movements consist of turning your neck to one side and to the other, as if you wanted to look to the sides"</p>	<p>"As you can see, the movements consist of bending the neck to one side bringing the ear closer to your shoulder and then to the opposite side"</p>
<p>"Movement is performed only in a plane of space, so moving your neck outside of this plane of movement should be avoided. You must reach the maximum of the movement in one direction and then in the opposite direction continuously and finally return to the starting position. You will do 3 repetitions of these movements. The starting position is the one you must have before starting the movement, in which your gaze must be kept straight ahead of your neck. This will be the position you will need to return to after each movement"</p>		
<b>2. Closed eyes at subject's own pace</b>		<b>3. Open eyes at maximal velocity</b>
<p>"Next, we are going to repeat the same process, but with our eyes closed. The instructions are the same, but before starting each movement from the starting position, I will ask you to close your eyes until you return to the starting position after the 3rd repetition is finished"</p>		<p>"Next, we are going to repeat this process, but this time you must perform these movements at the highest possible speed and with your eyes open, always in a controlled and painless way"</p>

**Set of standardized instructions for craniocervical flexion movements**

1. Supine position	2. Sitting position
<p>“Please lie on your back with your knees bent and your feet resting on the table. The starting position will be relaxed with the gaze directed vertically towards the ceiling. Then, please perform an anterior rotation of the head in a controlled manner without moving your neck, being the head the one that rotates slightly, reaching as far as possible. The posterior head will slide smoothly on the table during the movement and the head should not separate from the table or push the table during the movement. You must perform this movement 3 times, returning to the starting position after each one and holding the position of maximum flexion for 3 seconds in each repetition”</p>	<p>“You are going to perform exactly the same movement in 3 repetitions, but in a sitting position. The starting position will be similar to that used in the previous movements, in which you must be sitting upright in a comfortable chair leaning on the backrest and resting your hands on your thighs, so that your shoulders are relaxed. During the movement, you should avoid translating your head forward or backwards, so you just do the nodding.”</p>

**Set of standardized instructions for functional movements**

Upper limb functional task	Drinking water task
<p>“Please take the object that we have placed on your thigh with your dominant hand and place it in this highest area. Then put it back on your thigh and repeat this process a total of 3 times ”</p>	<p>“Please take the glass of water and take a sip of water, then put the glass back in its place. You will repeat this movement taking a sip of water a total of 3 times”</p>
<p>“The starting position is the one you must have before starting the movement, in which your gaze must be kept straight ahead of your neck. This will be the position you will need to return to after each repetition of the movement”</p>	