

INSTRUCTIONS FOR VESTIBULAR EXERCISES

OVERVIEW

You have a problem with your balance or equilibrium. Do not be afraid of your dizziness, only you can build up the tolerance in your brain to overcome your dizziness. It is just like exercise for muscle-rehabilitation or muscle-building. It requires regular capacity-extending work to build up strength or tolerance. Keep provoking your dizziness many times each day, realizing that each purposeful, controlled episode of dizziness brings you closer to your last episode. Once you have gained a measure of improvement and control in your practice sessions, seek out sports or other movement activities that have been difficult and spend increasing lengths of time on them until they no longer produce any symptoms.

AIMS OF EXERCISES:

- To train movement of the eyes, independent of the head
- To strengthen the eyes and muscle-receptor awareness to complement the inner ear's balance function
- To become accustomed to moving about naturally in both daylight and in the dark
- To encourage confidence in making easy, relaxed, spontaneous movements

METHOD:

- Work up to doing each movement 20 times
- All exercises are started in exaggerated slow time and gradually increase speed to a more rapid rate
- Be sure to continue exercises even though you become dizzy. Pause and rest only if you become nauseated
- If you are sick to your stomach, after resting, try a different exercise. If you still become ill, postpone further work until your next session.

DESCRIPTION OF BALANCE EXERCISES:

Sitting

1. Eye movements (head still, moving only your finger in the following manner):
 - Up and down- focusing on finger
 - Side to side- focusing on finger
 - Toward nose, then away- focusing on finger
2. Head movement (keeping torso still):
 - Bend head up and down- eyes open, then eyes closed
 - Turn head from side to side- eyes open, then eyes closed
3. Rotate head (keeping torso still):
 - Turn head clockwise in a circular motion- eyes open, then eyes closed
 - Turn head counterclockwise in a circular motion- eyes open, then eyes closed
4. Bend forward and touch ground- eyes focused on the wall
5. Bend forward and touch the ground – eyes moving to floor and back
- 6- Log roll (on a bed or comfortably padded floor)
 - Rotate upper body right to left- eyes open, then eyes closed
 - Rotate upper body left to right- eyes open, then eyes closed
 - Done in supine position (lying on back)

Standing: **DO NOT DO THIS EXERCISE IN CASES OF EXTREME DIZZINESS**

After the above have been done rapidly 20 times (without dizziness) all movements may now be repeated in the standing position

Advanced Exercises

1. Change from sitting to standing position- eyes open then eyes closed
2. Throw a ball from hand to hand- above eye level
3. Walk across the room- eyes open the eyes closed
4. Stand with heels together- look straight head, hold balance
5. Stand on one foot- eyes open then eyes closed
6. Do activities involving stooping, stretching, bending, or ascending and descending stairs

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