



Advanced Vestibular Exercises to Overcome Dizziness

AIMS OF EXERCISES

1. To loosen up the muscles of the neck and shoulders, to overcome the protective muscular spasm and tendency to move “in one piece” when you are imbalanced.
2. To train movement of eye, independent of the head.
3. To practice balancing in everyday situations with special attention to developing the use of the eyes and muscle senses.
4. To practice head movements that cause dizziness and thus gradually overcome the disability.
5. To become accustomed to moving about naturally in daylight and the dark.
6. To encourage the restoration of the self-confidence and easy spontaneous movement.

All exercises are started in exaggerated slow time and gradually progress to more rapid time. The rate of progression from sitting to standing exercises depends upon the dizziness in each individual case. Perform these exercises at least twice daily.

SITTING POSITION: WITHOUT ARM RESTS

1. Eye exercises- at first slow, then quick, 20 times.
 - a. Up and down
 - b. Side to side
 - c. Repeat a. and b. focusing on finger at arm’s length
2. Head exercises- at first slow, then quick, 20 times.
 - a. Up and down
 - b. Side to side
3. Shrug shoulders and rotate, 20 times.
4. Bend forward and pick up objects from the ground, 20 times.
5. Rotate head and shoulder slowly, then fast, 20 times.
6. Rotate head, shoulders, and trunk with eyes open, then closed, 20 times.

STANDING

7. Repeat number 1.
8. Repeat number 2.
9. Repeat number 3.
10. Change from sitting to standing position, with eyes open, then shut.
11. Throw ball from hand to hand (above eye level), 10 times.
12. Throw ball from hand to hand (under knees), 10 times.
13. Change from sitting to standing and turn around in between, 10 times.
14. Repeat number 6.

WALKING

15. Walk across the room with eyes open, then closed, 10 times.
16. Walk up and down slope eyes open, then closed, 10 times.
17. Do any games involving stooping, stretching and aiming, such as bowling, shuffleboard, etc.
18. Stand on one foot with eyes open, then closed.
19. Walk with one foot in front of the other with eyes open, then closed.

NOTE: Exercises often make dizziness worse in the beginning before it gets better- go until you feel slightly dizzy but do not push yourself and try for more the next day.