

## 20 VESTIBULAR REHABILITATION EXERCISES

Tick

### SITTING

#### Eyes

- 1. Move eyes a) up and down, b) side to side
- 2. Focus on your finger and move it from arm's length to your face

#### Head

- 3. Bend head forwards, then backwards
- 4. Twist head from side to side
- 5. Tilt head on each side
- 6. Repeat exercise 3 with eyes closed
- 7. Repeat exercise 4 with eyes closed
- 8. Repeat exercise 5 with eyes closed

#### Body, sitting

- 9. Bend down to pick up an object from the floor
- 10. Bend down to pick up an object, then sit up and twist round to put it behind you - first one side and then the other
- 11. Lean head and shoulder over to each side
- 12. Throw and catch a ball - above head and to the side

#### Standing

Repeat exercises 1 to 12, putting an "S" next to each tick when you can do the exercise at normal speed

#### Lying down

- 13. Roll head from side to side, and over the edge of the bed
- 14. Roll whole body from side to side
- 15. Sit up from lying on your back and on your side

ADVANCED STANDING EXERCISES You will need another person to help you with these, until you are confident

- 16. Change from sitting to standing, eyes open and eyes closed, and then turning around in between
- 17. Turn on the spot to left and right, with eyes open and eyes closed
- 18. Walk with another person, throwing and catching a ball, in a straight line and a circle
- 19. With another person's help, walk forwards, backwards, sideways, twisting head around, looking in all directions, and with eyes closed
- 20. Walk in a circle forwards and backwards with your head turned to the left and the right, eyes open and eyes closed

When you can do all these exercises, if there are any movements which still make you feel dizzy then practice these in the same way - first slowly, then gradually faster, and finally with eyes closed

### VESTIBULAR REHABILITATION PROGRAMME

Set aside 3 minutes, 3 times every day, to do these exercises

Practice one exercise at a time, starting off slowly and gradually speeding up as you become more confident. When you can do an exercise at normal speed, tick it off and then move on to the next one on the list.

If you find an exercise difficult, do it slowly with plenty of rest intervals. You may find you are a little dizzy as you practice these exercises, but don't rush them and make yourself really dizzy.

If you get really stuck with one exercise or one section and think you would find another one easier, then skip out the exercise you found difficult until your next appointment.

Some people find that relaxing before and after they do these exercises is a good idea. To help you relax, shrug your shoulders up and down, and circle them around. You can also try breathing steadily while you count quite slowly "1,2,3" in an out - but don't breathe so slowly or deeply that you start to feel faint!

If you have an attack of severe dizziness after you have started this course of exercises you will probably want to stop doing them for a while (only count the dizziness as severe if you have to stop what you are doing for four hours or more because of it). When the dizziness has eased you may find you recover from the attack more quickly by doing these exercises again, but you will probably need to start again from the beginning of the programme.

Stop doing the exercises if they cause you any pain, ringing in the ears, deafness, really severe dizziness, shortness of breath, chest pains or fainting. If you are at all worried about them or need more advice please telephone Mr Morrison's office on 020 7487 4446.