



Vestibular Rehabilitation (20 EXERCISES)

CAVEATS:

- 1) Make sure you have appropriate diagnosis by your health care provider (e.g., BPPV, Cervicogenic Dizziness, PPPD, WAD, etc.) before beginning.
- 2) These are meant to be worked through slowly and progressively. Expect to experience mild-moderate dizziness (you should never experience severe dizziness/vertigo or nausea).
- 3) **SAFETY** first. Never put yourself in a position to fall or injure yourself. Also, if any exercises cause pain in joints being moved (neck, shoulders, back, hips, knees, ankles), please speak to your health care provider for alternatives.
- 4) These should be done daily for up to 15 minutes/day **MAXIMUM**. Your brain/nervous system needs time to rest and recover. Start with ones you can easily do and progress to ones you find more difficult during each exercise session.

I. BEGINNER

- 1) Eye Tracking (eye movement only) - Seated
 - a) Up-Down (20 reps each)
 - b) Side-to-Side (20 reps each)
 - c) Out-to-In (20 reps each)
- 2) Eye Tracking (eye movement only) - Standing
 - a) Up-Down (20 reps each)
 - b) Side-to-Side (20 reps each)
 - c) Out-to-In (20 reps each)
- 3) Seated Shoulder Rotations (10 front/10 back)
- 4) Standing Shoulder Rotations (10 front/10 back)

II. INTERMEDIATE

- 5) Head Side-to-Side Following Finger (20 total – 10 right/10 left; head and eyes move together)
- 6) Head Extension/Flexion Following Finger (20 total – 10 up/10 down; head and eyes move together)
- 7) Sit-to-Stand (eyes open – 10 reps)
- 8) Sit-to-Stand (eyes closed – 10 reps)
- 9) Sit-to-Stand with Head Rotation (20 total – 10 right/10 left)
- 10) Gaze Stabilization (20 total – 10 right/10 left; increase speed when it becomes easier)
- 11) Gaze Stabilization (20 total – 10 up/10 down; increase speed when it becomes easier)

III. ADVANCED

- 12) Gaze Stabilization (20 total – 10 right/10 left while walking down a hallway)
- 13) Gaze Stabilization (20 total – 10 up/10 down while walking down a hallway)
- 14) Gaze Stabilization (20 total – 10 right rotations/10 left rotations while walking down a hallway-this one is HARD!)
- 15) Seated Ball Pick-Up (20 total – 10 right/10 left)
- 16) Ball Passes Side-to-Side (20 total – 10 right/10 left)
- 17) Ball Toss Side-to-Side (20 total – 10 right/10 left)

IV. COMPLEX*

- 18) Standing on 1 Foot – Eyes OPEN & then CLOSED (10 total – 5 right/5 left – hold for 3-10 seconds on each foot)
- 19) Tandem Stance (work up to holding each side for 10 seconds)
- 20) Tandem Gait (FORWARD/BACKWARD - work up to 5-10 steps – can use arms out to each side)

make sure you have something to grab or hold to keep yourself secure when working on these exercises



*The order is not as important as progressing to your tolerance level and moving to more difficult exercises only when you are ready.
(MAX 10 exercises/day)*

