

**BALANCE TRAINING EXERCISES FOR VESTIBULAR REHABILITATION**

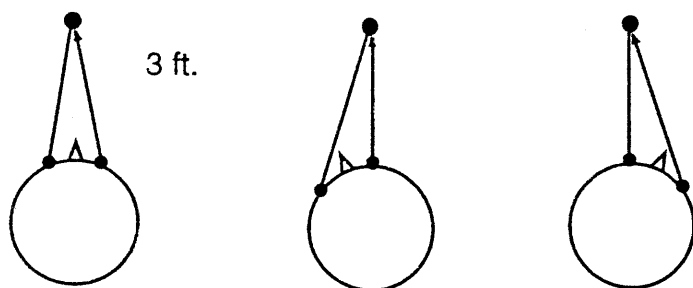
Your doctor has determined that you have a balance problem that may improve with a rehabilitation exercise training program. In general, during this recovery time, focusing on a distant object while making most head or body movements will be beneficial and make you feel more stable. For instance, in turning your head, first look at the object then turn your head toward that object.

The purpose of this rehabilitation list of exercises is to regain and re-train your HEAD-EYE and HEAD-BODY coordination. Head motion stimulates your balance canals of the inner ear. This, in turn, causes certain reflex movements of the eyes or the body.

- NOTE
- Perform these exercises 3 times per day.
  - Perform these exercises in an open area with a partner when appropriate.
  - Start slowly and work up to listed speed. If you get dizzy, slow down and regroup.
  - Don't give up.
  - Rest when you need it.

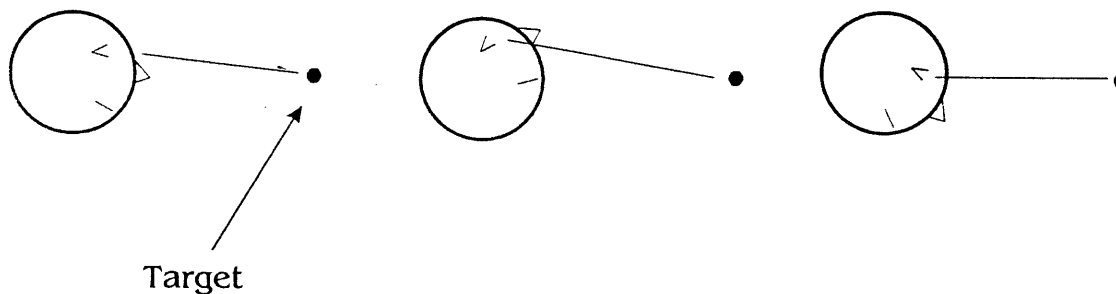
HEAD-EYE coordination exercises:

1.



- Continually focus on your target about 3-5 feet away.
- Rotate head right and left about 30 degrees. Motion is like saying "no."
- Move head ear to shoulder, right - center - left - center.
- Repeat 10-20 times.

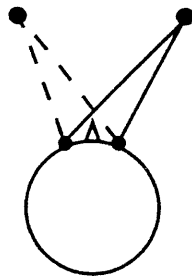
2.



- Continually focus on target about 3-5 feet away.
- Nod head up and down about 30 degrees. Motion is like saying "yes."
- One nod per second.
- Repeat 10-20 times.

HEAD-EYE coordination exercises:

3.

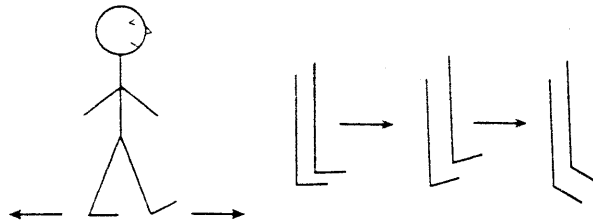


- Look right then left, right then left, focusing each time on an object.
- Keep head still, only moving eyes.
- This exercise simply moves the eyes back and forth each second.
- Repeat 10-20 times.

HEAD-BODY coordination exercises:

1.

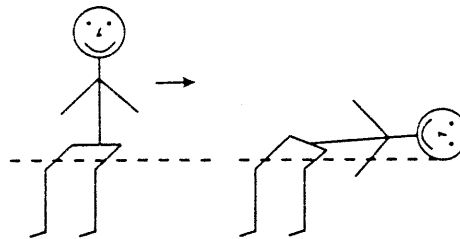
- Stand on a soft (compressible surface) with your eyes open for 1 minute while shifting your weight from your left leg to your right leg.
- On a flat, firm surface, rock back and forth about the ankle without bending at the hip; eyes open; for 30 seconds.



- Stand on a firm surface, in a corner with your back to the wall. Stand with your eyes closed for one minute.
- In a corner, practice standing on your heels and then on your toes with your eyes open for 30 seconds.

EXERCISES for POSITIONING DIZZINESS:

- Your inner ear balance pathway is believed to be causing your type of dizziness.
- It is believed that you can "fatigue" or "wear out" this type of dizziness by doing this exercise:



- Sit on the side of the bed.
- Lay down with your bad ear down and stare at a distant object until dizziness goes away.
- Dizziness resolves in usually less than 1 minute if you remain stationary and continue to stare.
- Sit up and stare at the same object.
- If "dizzy," it will resolve in about the same time.
- Repeat the exercise at least 5 times unless dizziness gets worse.
- Do this 2 times per day (AM and PM).