



# HOME CARE INSTRUCTIONS VESTIBULAR EXERCISES

Exercises to be carried out for fifteen (15) minutes twice (2) a day, and increasing to thirty (30) minutes as your physical status permits.

## **EYE EXERCISES:**

Looking up, then down – slowly at first, then quickly, 20 times.

Looking from one side to another – slowly at first, then quickly, 20 times.

## **HEAD EXERCISES:**

Bend head forward then backward with eyes open – slowly, then quickly, 20 times.

Turn head from one side to another—slowly, then quickly 20 times

As dizziness improves, these exercises should be done with eyes closed.

## **SITTING:**

While sitting, shrug shoulders 20 times. Turn shoulders to right then to the left, 20 times. Bend forward and pick up objects from ground and sit up 20 times.

## **STANDING:**

Change from sitting to standing and back again 20 times with eyes open. Repeat with eyes closed. Throw a small rubber ball from hand to hand under one knee.

## **MOVING ABOUT:**

Walk across room with eyes open, then closed, 10 times.

Walk up and down a slope with eyes open, then closed, 10 times.

Walk up and down steps with eyes open, then closed 10 times.

Any game involving stooping or turning is good.