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VESTIBULAR EXERCISE HOME TRAINING PROGRAM

A. INTRODUCTION

You have a problem with your balance or equilibrium. Normally, we have two balance centers and they work with each other as partners. In your case, one of your balance centers is not carrying its share of the load. On movement, this makes for unequal or uneven signals being received by the brain. When this happens you get symptoms of dizziness or unsteadiness. The more often these comparisons of signal occur, the quicker the balance centers adjust or compensate and bring about balance again.

Do not be afraid of your dizziness. Purposely bring it about regularly, each day in your practice sessions. Only you can build up the tolerance in your brain to overcome your dizziness. It is like exercise for muscle building. It requires regular capacity – extending work to build up strength or tolerance. Keep provoking your dizziness many times each day, realizing purposeful, controlled episode of dizziness bring you closer to your last one.

Once you have gained a measure of improvement and control in your practice sessions, seek out sports or other movement activities that have been difficult and spend slowly increasing lengths of time on them until they no longer produce any symptoms.

B. The program consist of:

Training therapy that is concentrated on 2 areas:

1. Relaxation –
Mental
Physical
2. Eye and Head exercises

C. Purpose of exercises:

1. To loosen up and relax the muscles of the neck and shoulders in order to overcome the protective muscular spasm and tendency to “in one piece”.
2. To train movement of the eyes independent of the head
3. To practice balancing in everyday situations with special attention to developing the use of the eye and the muscle sense feeling awareness.
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 in the dark.
6. Generally, to encourage the re-building of confidence in making easy, relaxed spontaneous movements.

D. Method

1. Work up to doing each movement 20 times.
2. All exercises are started in exaggerated slow time and gradually speed up to a more rapid rate, as tolerated.
3. Be sure to continue exercises even though you become dizzy. Pause and rest only if you become nauseated or sick to your stomach. If ill, after resting, try a different exercise – if tolerated, go on with the daily work-out. If you still become sick to your stomach, postpone further work until your next session that might be later in the day or the following day.

E. Description of balance exercises

Sitting: (Patient may lie down if too dizzy while sitting)

1. Eye movements, head still at first slow, then quick.
Up and down.
Side to side.
Up and down, focusing on finger.
Side to side, focusing on finger.
In to nose and out, focusing on finger.
2. Head movement –
Bend up and down, eyes open. (See exercise #3)
Up and down, following finger.
Bend up and down, eyes enclosed. (See exercise #4)
Turn from side to side, eyes open. (See exercise #1)
Side to side, following finger.
Turn from side to side, eyes closed. (See exercise #2)
3. Rotate head –
Right to left, eyes open.
Left to right, eyes open
Right to left, eyes closed.
Left to right, eyes closed.
4. Rotate head, shoulders and trunk –
Right to left, eyes open.
Left to right, eyes open.
Right to left, eyes closed.
Left to right, eyes closed.
5. Bend forward and touch the ground, eyes focused on wall.
Bend forward and touch ground, eyes moving to floor and back.

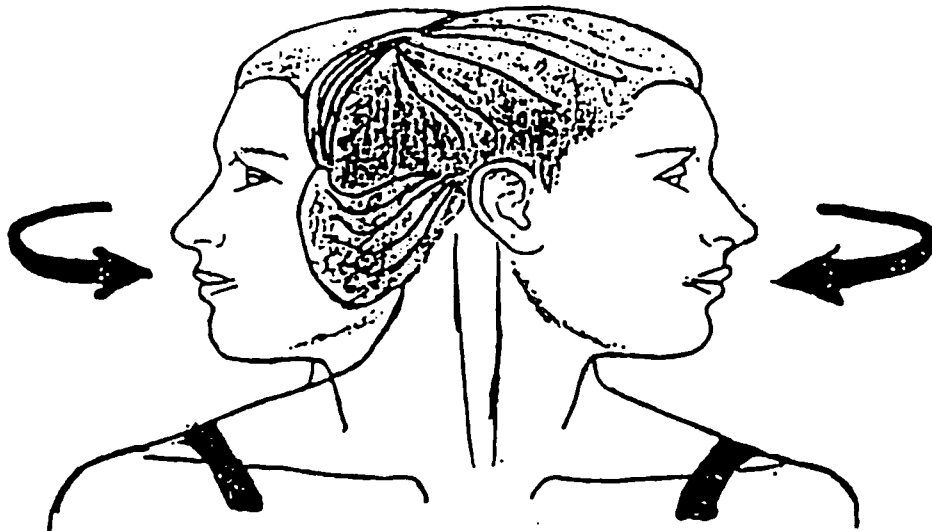
Standing:

After the above have been done rapidly 20 times, without dizziness, all parts may now be repeated in the standing position.

Miscellaneous:

6. Change from sitting to standing, eyes open.
Change from sitting to standing, eyes closed.
7. Change from sitting to standing and turn around to the right in between.
Change from sitting to standing and turn around to the left in between.
8. Throw ball from hand to hand, above eye level.
Throw ball from hand to hand under knees.
9. Walk across room, eyes open.
Walk across room, eyes closed.
10. Walk up and down slope, eyes open.
Walk up and down slope, eyes closed.
11. Stand with heels together, look straight ahead, hold balance.
Stand with heels together, eyes closed, hold balance.
12. Stand on one foot, eyes open.
Stand on one foot, eyes closed.
13. Stand with one foot in front of the other, look straight ahead, hold balance.
Stand with one foot in front of the other, close eyes, hold balance.
14. Do activities involving stooping, stretching, bending, going up and down stairs.

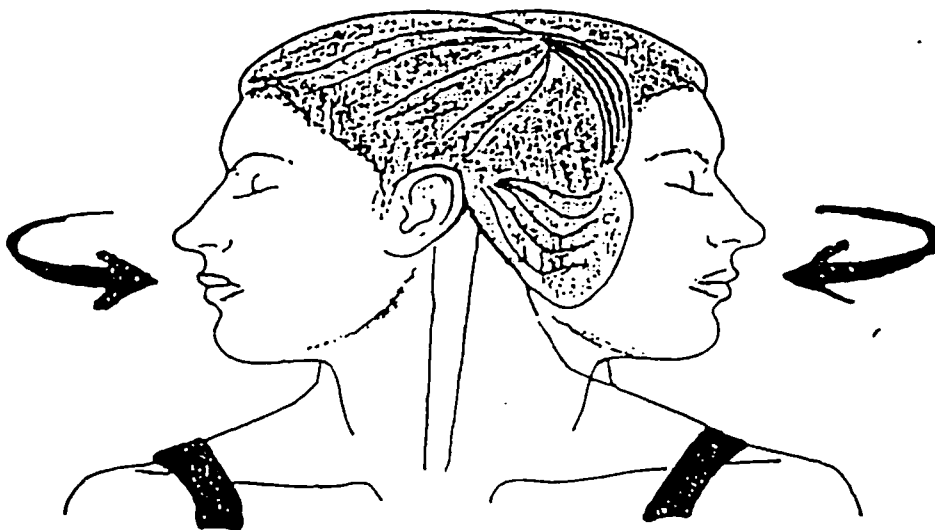
Exercise #1



WHILE SEATED, WITH EYES OPEN, TURN YOUR HEAD FROM SIDE TO SIDE.

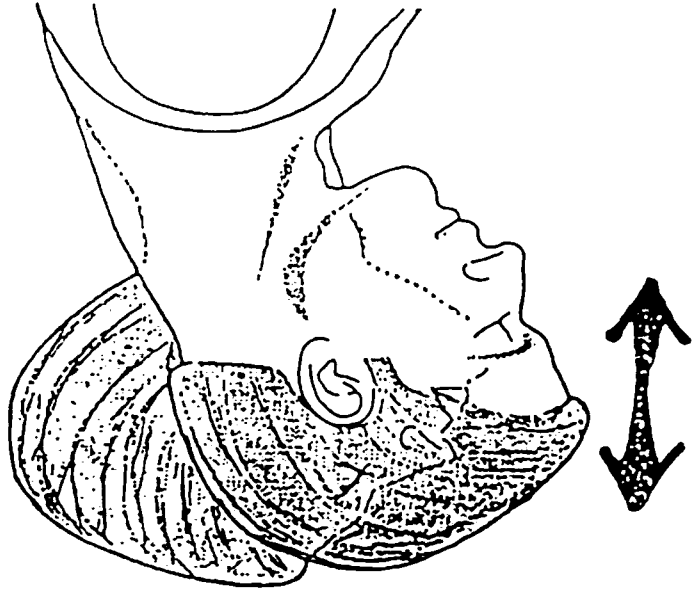
FIRST SLOWLY, AND THEN GRADUALLY INCREASE SPEED ACCORDING TO YOUR OWN PACE.

Exercise #2



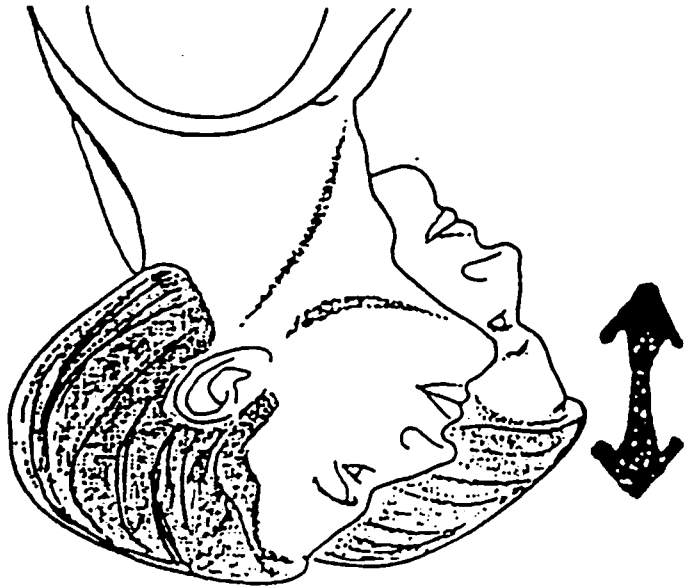
REPEAT #1 WITH EYES CLOSED.

REPEAT #1 WITH EYES CLOSED.



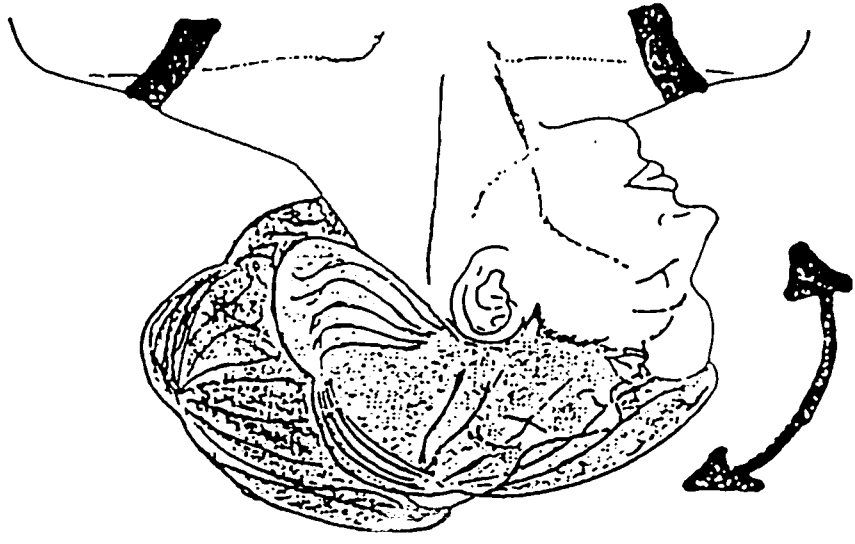
Exercise #4

WHILE SEATED, WITH EYES OPEN, MOVE YOUR HEAD UP AND DOWN.
START SLOWLY AND GRADUALLY INCREASE SPEED AT YOUR OWN PACE.



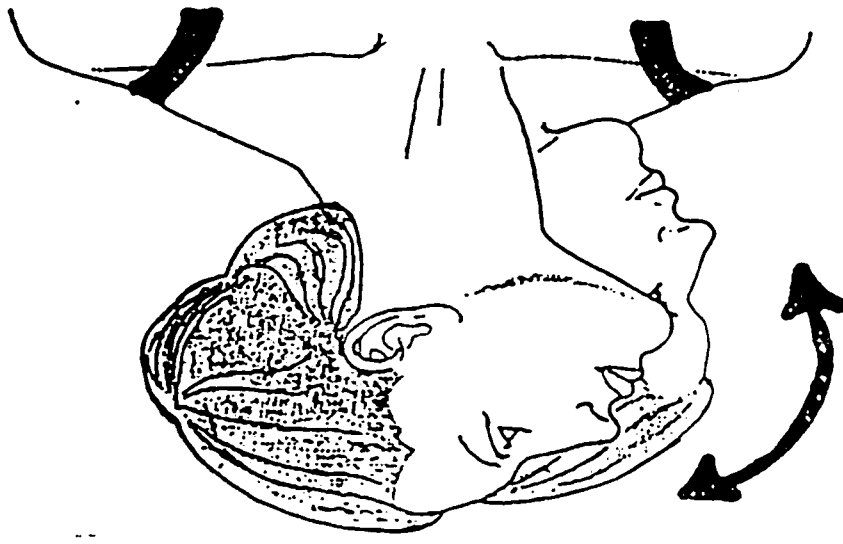
Exercise #3

REPEAT #5 WITH EYES CLOSED.



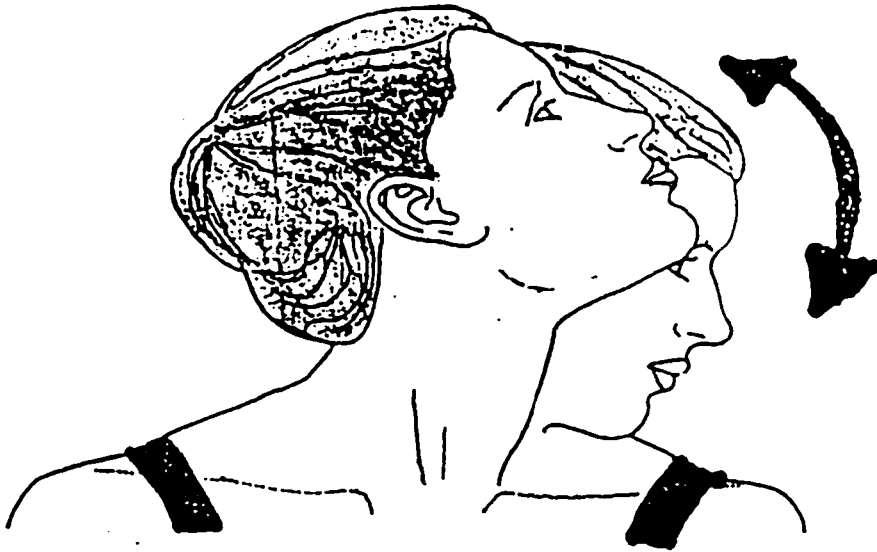
Exercise #6

WHILE SEATED, WITH EYES OPEN, TURN YOUR HEAD TO THE RIGHT 45°. SHAKE YOUR HEAD UP AND DOWN.



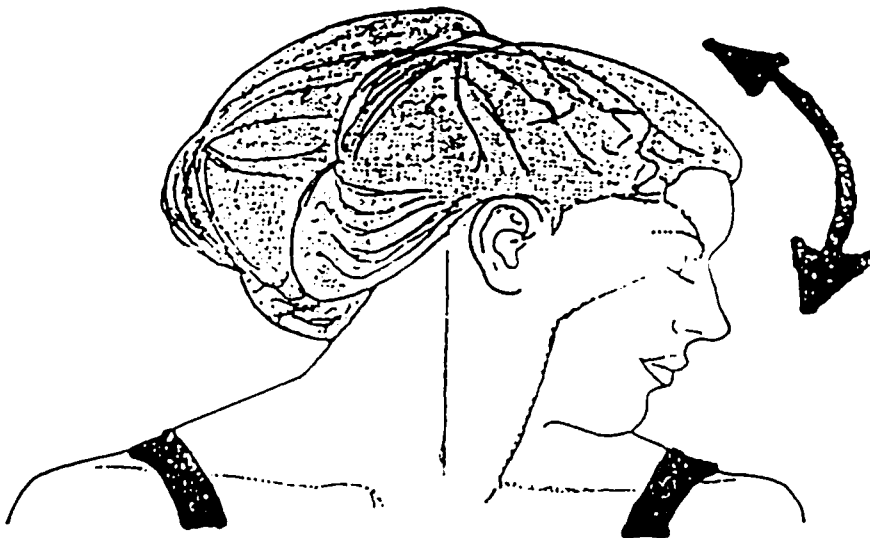
Exercise #5

Exercise #7

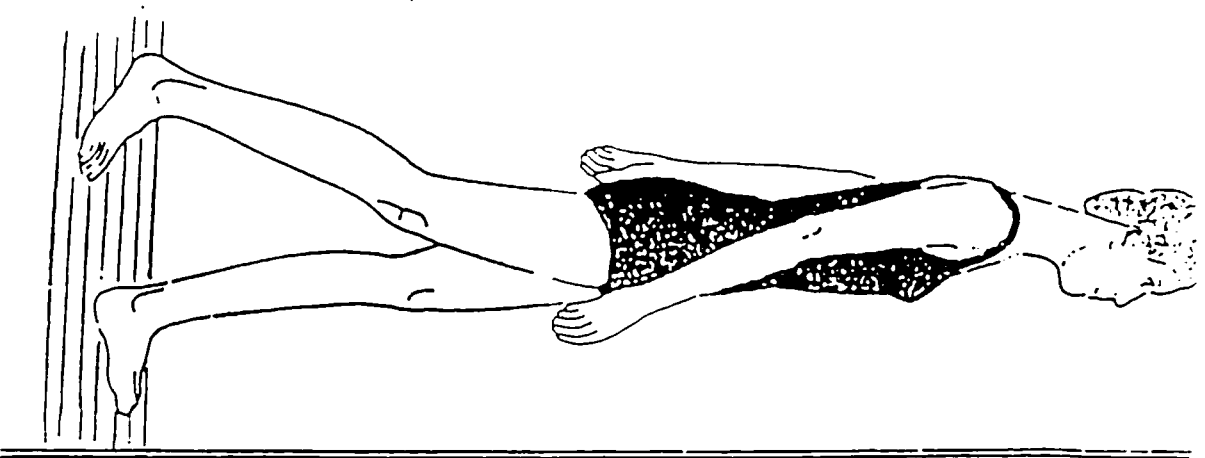


WHILE SEATED, WITH EYES OPEN, TURN YOUR HEAD TO THE LEFT 45°. SHAKE YOUR HEAD UP AND DOWN.

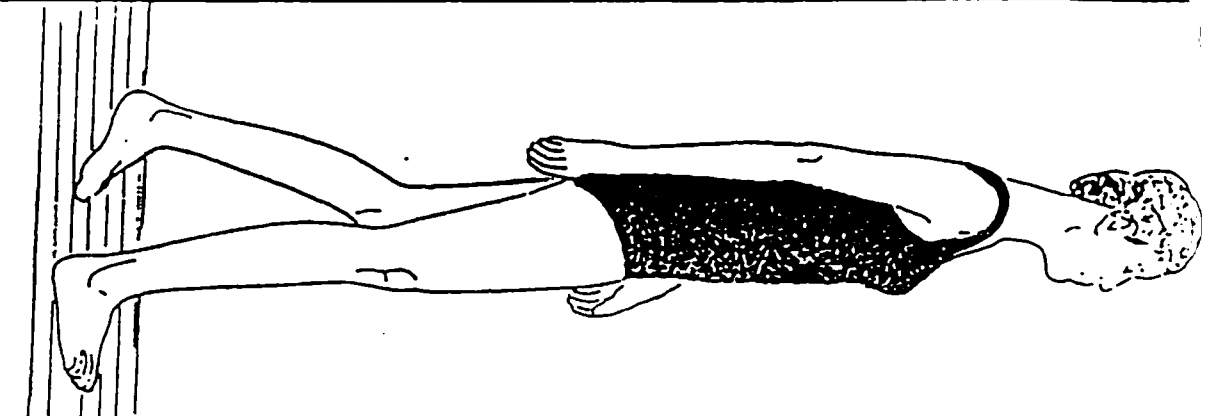
Exercise #8



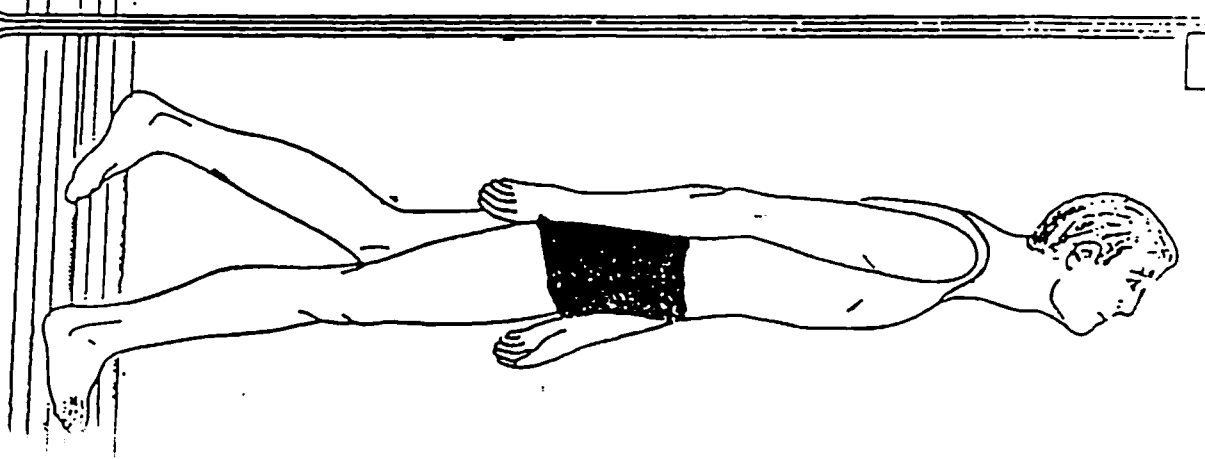
REPEAT #7 WITH EYES CLOSED.



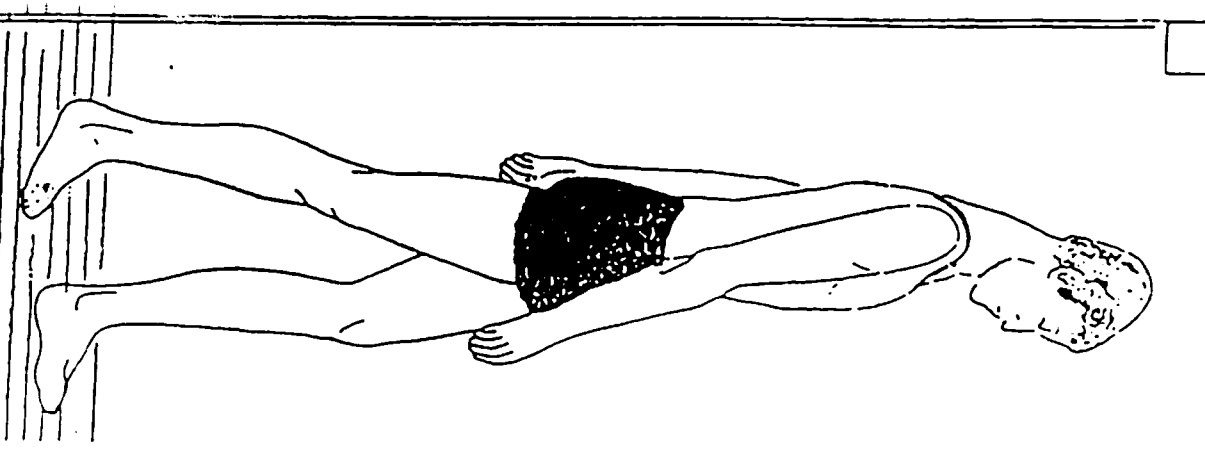
WALK WITH YOUR
EYES OPEN.



WALK WITH YOUR
EYES CLOSED.

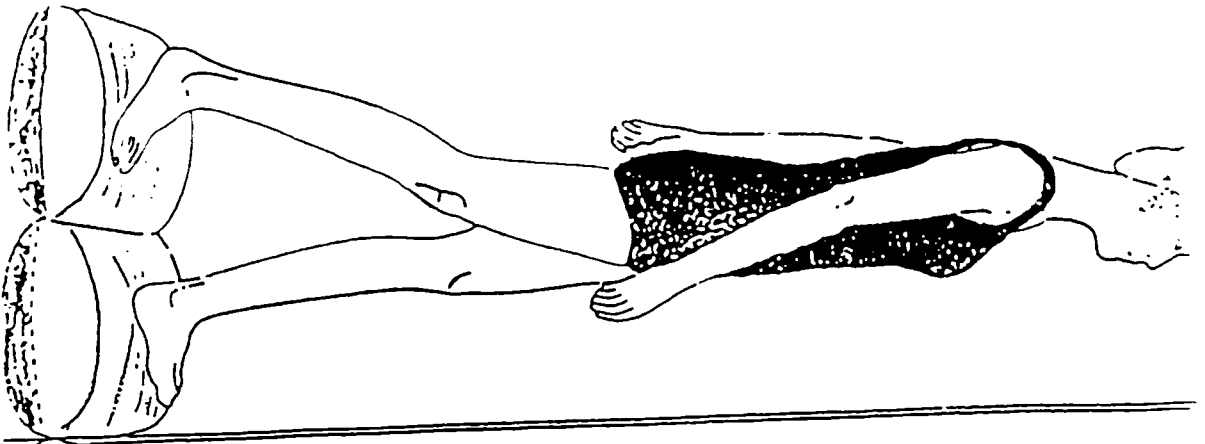


WALK WITH YOUR
EYES OPEN, TILTING
YOUR HEAD UP AND
DOWN.

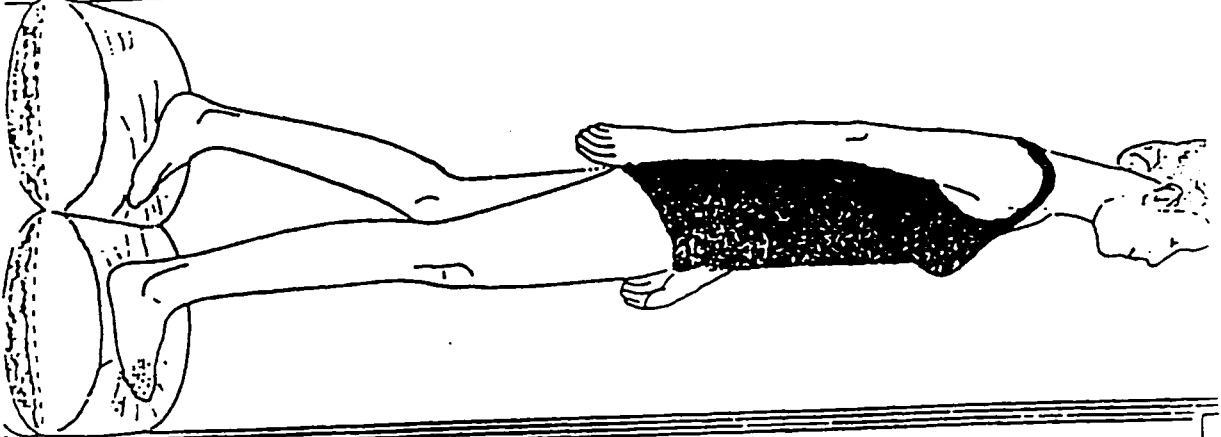


WALK WITH YOUR
EYES CLOSED, TILTING
YOUR HEAD UP AND
DOWN.

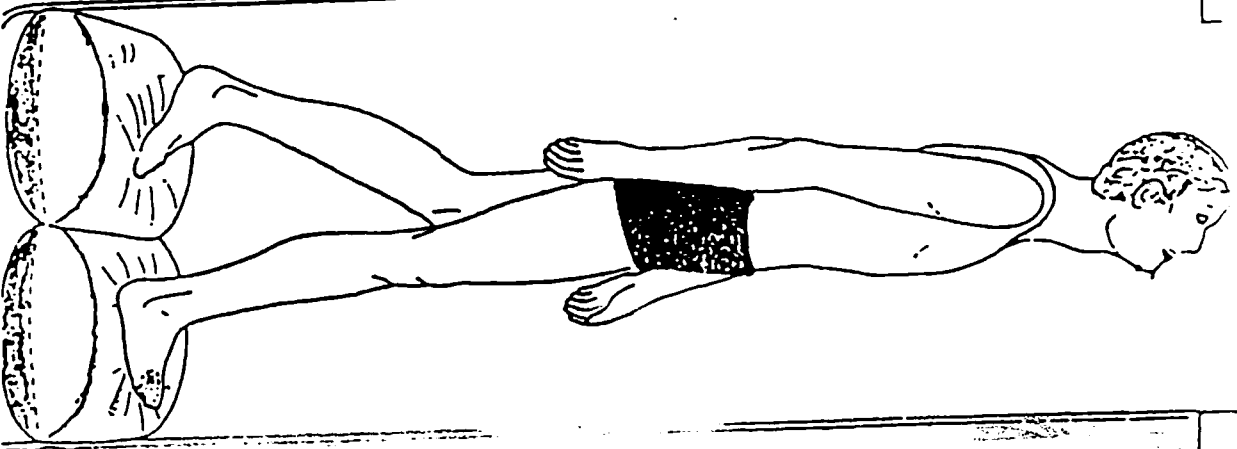
FOR YOUR SAFETY: YOU MUST DO THESE EXERCISES WHILE SOMEONE ELSE
IS OBSERVING, PREFERABLY WALKING. REPTON ...
TN CASE OF ...



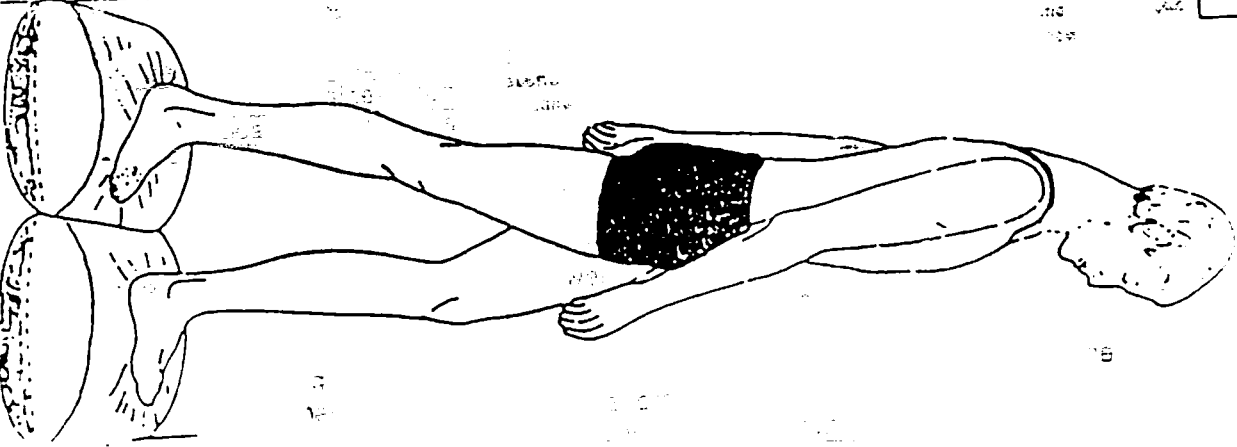
WALK ON PILLOWS, WITH
YOUR EYES OPEN.



WALK ON PILLOWS, WITH
YOUR EYES CLOSED.



WALK ON PILLOWS, WITH
YOUR EYES OPEN, TILTING
YOUR HEAD UP AND DOWN.



WALK ON PILLOWS, WITH
YOUR EYES CLOSED, TILTING
YOUR HEAD UP AND DOWN.

FOR YOUR SAFETY: YOU MUST DO THESE EXERCISES WHILE SOMEONE ELSE
IS OBSERVING, PREFERABLY WALKING BESIDE YOU
IN CASE OF FALLING.