

VESTIBULAR EXERCISE PROGRAM TO OVERCOME DIZZINESS**Aims of Exercise:**

1. To loosen up the muscles of the neck and shoulder, to overcome the protective muscular spasm and tendency to move "in one place."
2. To train the movement of the eyes, independent of the head.
3. To practice balancing in everyday situations with special attention to developing the use of the eyes and the muscle senses.
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. To encourage the restoration of self-confidence and easy spontaneous movement.

All exercises are started in exaggerated slow time and gradually progress to more rapid time. The rate of progression from the bed to sitting and then to standing exercises depends upon the dizziness in each individual case.

A. SITTING POSITION -- Without arm rests.

1. Eye exercises -- at first slow, then quickly.
 - a. Up and down.
 - b. Side to Side.
 - c. Repeat a and b, focusing on finger at arm's length.
2. Head exercises--head movements at first slow, then quickly.
3. Shrug shoulders and rotate, 20 times.
4. Bend forward and pick up objects from the ground, 20 times.
5. Rotate head and shoulders slowly, then fast, 20 times.
6. Rotate head, shoulder, and trunk with eyes open, then closed, 20 times.

B. STANDING:

7. Repeat Number 1.
8. Repeat Number 2.
9. Repeat Number 5.
10. Change from a sitting to standing position, with eyes open, then shut.
11. Throw ball from hand to hand (above eye level).
12. Throw ball from hand to hand under knees.
13. Change from sitting to standing and turn around in between.
14. Repeat Number 6.

C. WALKING:

15. Walk across room with eyes open, then closed, 10 times.
16. Walk up and down slope with eyes open, then closed, 10 times
17. Do any games involving stooping, or stretching and aiming, such as bowling, shuffleboard, etc.
18. Stand on one foot with eyes open, then closed.
19. Walk with one foot in front of the other with eyes open, then closed.