



Randall K. Wenokur, M.D.

Lloyd C. Ford, M.D.

Benjamin M. Loos, M.D.

Joshua K. Au, M.D.

## **VESTIBULAR EXERCISES**

### **AIMS OF EXERCISES:**

- To loosen up the muscles of the neck and shoulders
- To overcome the protective muscular spasm and tendency to move "in one piece"
- To train movement of the eyes, independent of the head
- To practice balancing with special attention to developing the uses of the eyes and muscle senses
- To practice head movement that causes dizziness, and thus gradually overcome the disability
- To become accustomed to moving about naturally in daylight and in the dark
- 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.

### **SITTING POSITION**

1. Eye exercises – at first slow, then quick
  - 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 quick
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, shoulders, and trunk with eyes open, then closed, 20 times

### **STANDING POSITION**

7. Repeat number 1
8. Repeat number 2
9. Repeat number 3
10. Change from a sitting to standing position, with eyes open, then shut
11. Throw a ball from hand to hand (above eye level)
12. Throw a ball from hand to hand under knees
13. Change from sitting to standing and turning around in-between
14. Repeat number 6

### **WALKING**

15. Walking across the room with your 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

2700 Grant St, Suite 104  
Concord, Ca 94520  
P: 925.685.7400  
F: 925.685.0917

365 Lennon Ln, Suite 280  
Walnut Creek, Ca 94598  
P: 925.932.3112  
F: 925.932.3317

2400 Balfour Rd, Suite 300  
Brentwood, Ca 94513  
P: 925.685.7400  
F: 925.685.0917

2301 Camino Ramon # 205  
San Ramon, Ca 94583  
P: 925.685.7400  
F: 925.685.0917