

a:care

# TAKE CONTROL OF VERTIGO



You may have been diagnosed with a vestibular disorder.

It is important to take your medication as long as your doctor recommends. Doctors may also recommend vestibular rehabilitation exercises, as shown below.

Together with your treating doctor, please select the exercises that you may be able to perform.

Each exercise should be performed 20 or more times at least two or more times per day.

It is normal to feel dizzy during these exercises. If the dizziness is extreme, do not progress to the next exercise. Keep repeating the same exercise until the dizziness is minimal before moving on to the next exercise.

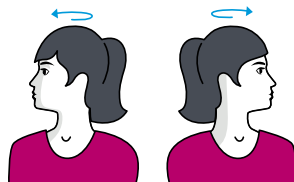
**Be safe, make sure someone else is with you to assist you and minimize the risk of injury.**

## HOME VESTIBULAR REHABILITATION EXERCISES<sup>1</sup>

### 1 HEAD SIDE TO SIDE

Whilst seated, turn your head from side to side. First slowly, then gradually increase speed according to your own pace.

**Do this with eyes open, then repeat with eyes closed.**

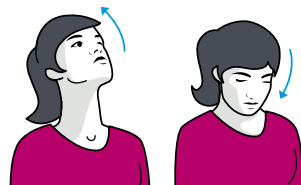


**POINT 1:** These exercises are to help with vestibular dysfunction NOT due to BPPV or Ménière's disease.

### 2 HEAD UP AND DOWN

Whilst seated, move your head up and down. First slowly, then gradually increase speed according to your own pace.

**Do this with eyes open, then repeat with eyes closed.**

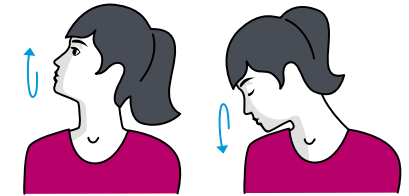


**POINT 2:** These exercises start out very easy but by exercise 6 become more difficult.

### 3 HEAD 45 DEGREE

Whilst seated, turn your head 45° to look over your left shoulder and move your head up and down. First slowly, then gradually increase the speed according to your own pace.

**Do this with eyes open, then repeat with eyes closed. Repeat whilst looking over your right shoulder.**

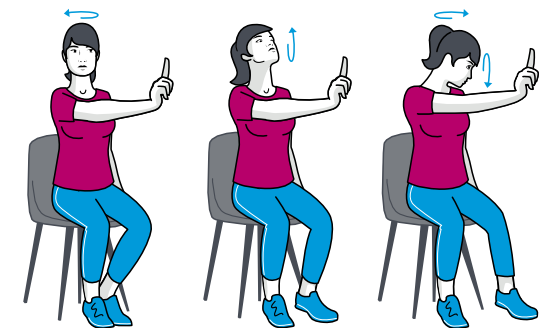


**POINT 3:** It is not unusual for these exercises to aggravate the sensation of dizziness, but don't give up.

### 4 EYES FOCUSED ON FINGER WITH ARM OUTSTRETCHED

Repeat exercises 1-3 whilst seated with an arm outstretched in front of you and holding up your index finger.

**Keep your eyes open and focused on your finger.**

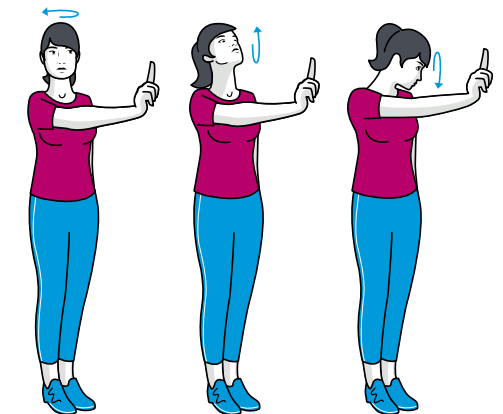


**POINT 4:** Just like a gymnast who keeps falling off a balance beam, repetitive balance exercises are performed to ultimately improve balance.

### 5 STANDING EXERCISE

Repeat previous exercises 1-4 whilst standing up.

**Do this with eyes open, then repeat with eyes closed.**



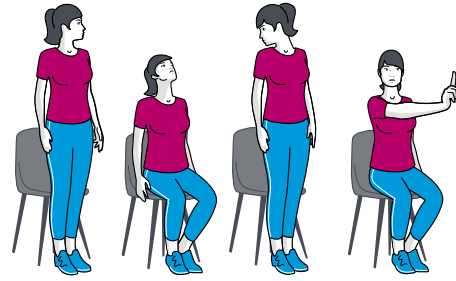
**POINT 5:** The human balance system is composed of 3 different systems working together:

- Eyes provide visual cues
- The inner ear balance system provides gyroscopic information
- Proprioception provides a sense of position in space based on information provided from the muscles, tendons and joints.

## 6 SITTING UP AND DOWN

Repeat previous exercises 1-4 whilst standing up and sitting down on chair.

**Do this with eyes open, then repeat with eyes closed.**



**POINT 6:** Dysfunction of vision, inner ear balance, OR proprioception will result in dizziness. That is why people tend to stumble in the dark (visual loss).

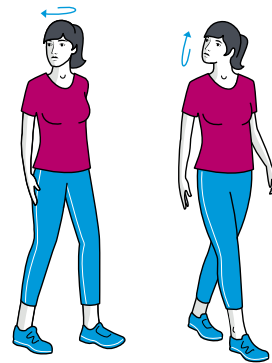
Spinning vertigo occurs when suddenly stopping after twirling the body like a top (temporary inner ear balance dysfunction). People tend to stumble when walking heel-to-toe with arms down (loss of proprioception). That's why tight rope walking is hard.

## 7 WALKING ON A FLAT SURFACE

On a flat surface, walk 10-15 steps with eyes **open**, then turn around and walk back 10-15 steps with eyes **closed**.

**Repeat the above whilst tilting your head up/down and left/right in random movement.**

For your safety it is recommended someone else observes you when doing this exercise, preferably walking beside you in case you fall.



**POINT 7:** What this exercise is trying to accomplish is to challenge, and thereby improve, the inner ear balance system in a gradual fashion by slowly taking away balance information provided by the eyes (by closing them) as well as the proprioception (walking heel-to-toe with arms down by side).

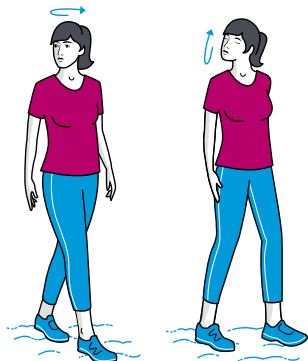
## 8 WALKING ON AN UNEVEN SURFACE

Repeat exercise 7 whilst walking on pillows or blankets to create an uneven surface.

**Do this with eyes open, then repeat with eyes closed.**

**Do this exercise when someone else is with you.**

**POINT 8:** Refer to tip for exercise 7.



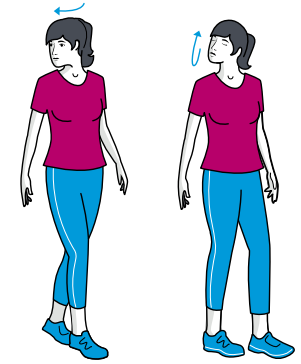
## 9 WALKING HEEL-TO-TOE

Repeat exercise 7 whilst walking heel-to-toe in a straight line.

**Do this with eyes open, then repeat with eyes closed.**

**Do this exercise when someone else is with you.**

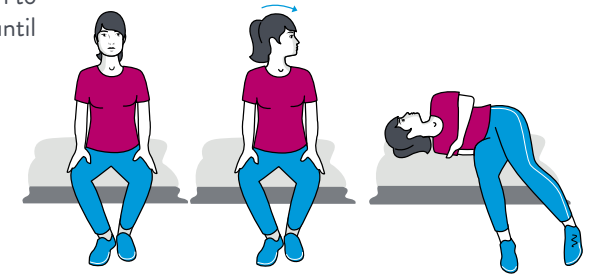
**POINT 9:** Refer to tip for exercise 7.



## 10 SIT AND LEAN EXERCISE

Sit on the edge of your sofa or bed. Begin by turning your head to the (right / left) and falling to the other side. You should be looking toward the ceiling. Hold this position until any dizziness subsides. Return to the sitting position, face forward until any dizziness subsides.

**Repeat the exercise two times to both sides with eyes open and two times to both sides with eyes closed. Repeat this exercise twice a day.**



**POINT 10:** Repeat this exercise two times to both sides with eyes open and eyes closed and 2 times per day.

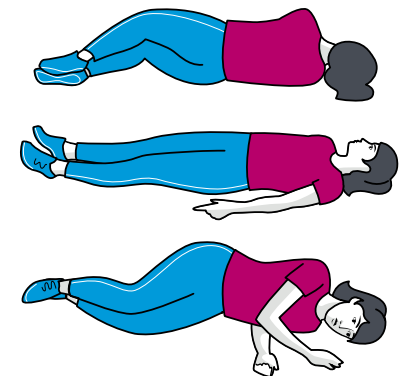
## 11 ROLLING EXERCISE

Practise rolling slowly from your back to your (right side / left side / both sides).

Do this with your eyes **open** first, then with eyes **closed**. Hold each position until any dizziness subsides. As you improve try to move more quickly.

**Repeat these movements for 10 repetitions, twice a day.**

**POINT 11:** Repeat these movements for 10 repetitions, twice a day.



# ALWAYS CONSULT YOUR DOCTOR BEFORE PERFORMING THESE EXERCISES.

For more information about  
these exercises please visit  
[acare.abbott.com](https://acare.abbott.com)



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