

VESTIBULAR EXERCISES

If your unsteadiness or dizziness is brought on by quick changes in position or head movements, the exercises listed below could be practiced.

The rationale for the use of these exercises is best explained by an example. You are familiar with the figure skater who is able to spin rapidly, stop suddenly and skate off without difficulty. He/she is able to do this because he/she trains or conditions his/her balance mechanism not to become dizzy. These exercises can help you in a similar manner.

Stated simple, you must seek out and overcome these positions or situations that cause your dizziness. Avoiding them only prolongs your convalescence.

CAWTHORNE HEAD EXERCISES

These exercises are to be carried out for 15 minutes per session, twice a day, increasing to 30 minutes per session.

- 1. EYE EXERCISES:** Look up, then down – first slowly, then quickly, 20 times. Next, focus on your index finger held out at arm's length, move it in 1 foot and back out again, 20 times.
- 2. HEAD EXERCISES:** Slowly bend your head forward then backward with your eyes open, 20 times, then quickly, 20 times. Slowly turn your head from one side to the other, then quickly, 20 times. As dizziness improves, these head exercises should then be done with the eyes closed.
- 3. SITTING:** While sitting, shrug your shoulders, 20 times. Turn your shoulders to the right then to the left, 20 times. Bend forward and pick up an object from the ground and sit up, 20 times.
- 4. STANDING:** Change from sitting to standing and back again, 20 times with the eyes open. Repeat with the eyes closed. Throw a small rubber ball from hand to hand above eye level. Throw ball from hand to hand under one knee.
- 5. MOVING ABOUT:** Walk across the room with your eyes open, then closed, 10 times. Walk up and down a slope with your eyes open, then closed. 10 times. Any game involving stooping or turning is good.

