

Centre for Hearing and Balance disorders

Vestibular Ocular Reflex Exercise

How to do the exercise



Sit facing a blank wall about an arm's length away from it.

Hold your arm out in front of you and put your thumb up.

Keeping your thumb nail in focus turn your head from side to side.



Move your head quickly (as if saying no) and keep your thumb in focus at all times.



Keep going until you feel your symptoms just start to increase, even if you can only manage a few seconds.



Patient Information

You will be able to keep going for longer as you do the exercise more times. The maximum amount of time you need to build up to is 2 minutes in any one session.

Repeat 5 times a day, leaving about 2 hours between exercises.

When you have a balance problem the brain needs to re-train itself. These exercises tell the brain how much your eyes move in one direction when you head moves in the other direction.

Over time as it gets easier for you to do these exercises, your level of dizziness should be reduced as your brain re-adjusts.

Further Information

For further information contact: Ann-Marie Hawkins or Mandeep Tank on 024 7696 6444.

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 6444 and we will do our best to meet your needs.

The Trust operates a smoke free policy

Document History

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