Centre for Hearing and Balance Disorders (Audiology)

Extra Vestibular Rehabilitation Exercises

Procedure

Make sure you are seated safely before starting the exercises:

- Please do all six movements 2-3 times each day.

Be careful when you start to move after you have completed the exercises; as they are designed to challenge your balance system, you may feel some imbalance for a short time after you have completed the exercises.

How to do the exercises:

1. Turn your head left and right slowly, with your eyes open ten times.

2. Turn your head left and right slowly, with your eyes closed ten times.

3. Move your head up and down slowly, with your eyes open ten times.

4. Move your head up and down slowly, with your eyes closed ten times.

5. Move your eyes left and right, keeping your head still ten times.

6. Move your eyes up and down, keeping your head still ten times.

Patient Information

Why do these exercises help?

When you have a balance problem there can be a mismatch between the distance your head moves and the corresponding distance that your eyes move. When this happens the brain can re-train itself. These exercises tell the brain how much your eyes move in one direction when your 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.

We hope you find this information useful however if you have any further questions about these exercises or any comments about this information, please telephone Ann-Marie Hawkins or Bernadette Parker 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.

To give feedback on this leaflet please email feedback@uhcw.nhs.uk

Document History	
Department:	Audiology
Contact:	26444
Updated:	January 2022
Review:	January 2024
Version:	4.2
Reference:	HIC/LFT/1147/10