

Centre for Hearing and Balance Disorders (Audiology)

Extra vestibular rehabilitation exercises

The information in this leaflet should only be used by patients who have been instructed to by the Audiology team at University Hospitals Coventry and Warwickshire NHS Trust.

Do not use this information if you have not been prescribed a vestibular rehabilitation plan that is customised for your needs. This information does not replace professional clinical advice by a qualified practitioner who is a balance specialist.

Please note that you need to be referred to us by a specialist doctor to access our services. You should ask your GP if you need more information about this.

Procedure

Make sure you are seated safely before starting the exercises:

- Please do all 6 movements 2 to 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.



Patient Information

How to do the exercises:

1. Turn your head left and right slowly, with your eyes open 10 times.
2. Turn your head left and right slowly, with your eyes closed 10 times.
3. Move your head up and down slowly, with your eyes open 10 times.
4. Move your head up and down slowly, with your eyes closed 10 times.
5. Move your eyes left and right, keeping your head still 10 times.
6. Move your eyes up and down, keeping your head still 10 times.

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.

If you have any questions after your appointment, please phone 024 7696 6444 or email audiology.correspondence@uhcw.nhs.uk.

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.

Did we get it right?

We would like you to tell us what you think about our services.

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Document History

Department:	Audiology
Contact:	26444
Updated: :	April 2024
Review:	April 2027
Version:	5
Reference:	HIC/LFT/1147/10