

Centre for Hearing and Balance Disorders (Audiology)

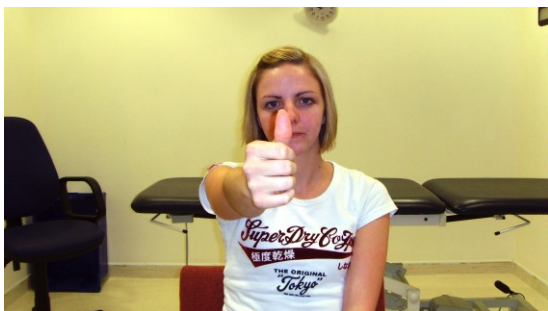
Vestibular ocular reflex exercise

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.

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.



Patient Information



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

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.

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.

This helps us make further improvements and recognise members of staff who provide a good service.

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www.uhcw.nhs.uk/feedback



Document History

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