

MENTSAs

HOME CARE INSTRUCTIONS VESTIBULAR EXERCISES

Exercises are to be carried out for fifteen (15) minutes twice (2 times) a day, and increasing to thirty (30) minutes as your physical status permits.

EYE EXERCISES:

- Look up, then down -- slowly at first, then quickly -- 20 times
- Look from one side to another -- slowly at first, then quickly -- 20 times

HEAD EXERCISES:

- Bend head forward then backward, with eyes open -- slowly, then quickly -- 20 times
- Turn head from one side to another -- slowly, then quickly -- 20 times
- As dizziness improves, these exercises should be done with eyes closed

SITTING:

- While sitting, shrug shoulders -- 20 times
- Turn shoulders to the right, then to the left -- 20 times
- Bend forward and pick up objects from the ground and sit up -- 20 times

STANDING:

- Change from sitting to standing, and back again -- 20 times with eyes open, and 20 times with eyes closed
- Throw a small rubber ball from hand to hand under one knee

MOVING ABOUT:

- Walk across the room with eyes open, then closed -- 10 times
- Walk up and down a slope with eyes open, then closed -- 10 times
- Walk up and down steps with eyes open, then closed -- 10 times
- Any game involving stooping or turning is good

Home Care Instructions – Vestibular Exercises

Disclaimer: This instruction is only an example and to be used for informational purposes only. Please check your local and state laws and/or your attorney regarding this policy and procedure.