



## **VESTIBULAR EXERCISES**

These exercises are done by moving first the eyes, then the head and then the body in alternating vertical then horizontal movements. Five to ten repetitions horizontally twice a day are usually sufficient.

### **Eye Movements:**

Hold down head perfectly still, then look up, then down, then up, then down, etc. ten consecutive times as rapidly as you can.

Then look to the left, then right, then left, then right, etc. ten consecutive times.

### **Head Movements:**

Flex the head forward, then extend it backwards on the neck, then forward then backwards, etc. ten consecutive times.

Rotate the head on the neck to the left, then to the right, then to the left, then to the right, etc. ten consecutive times.

### **Body Movements:**

Bend from the waist forward, then backwards, then forward, then backwards, etc. ten consecutive times.

Bend from the waist to the left, then to the right, then to the left, then to the right, etc. ten consecutive times

If ten consecutive movements cause discomfort, do five instead. In any event, do this full battery of exercises in the morning and then in the evening each day.

Be sure that you do this in the comfort of your home. You may do the body movements standing or sitting as you choose. In any event, do not hurt yourself by becoming unstable and falling down.