

Vestibular Exercises

To decrease your visual input in maintaining your balance, try the following exercises twice a day. You may need to have someone walk with you if you are likely to experience loss of balance.

- Walk in a hallway and turn your head right for 4 steps, then to the left for 4 steps. Do not look to the center. Keep repeating for one minute.
- Walk in a hallway and look up for 4 steps, then down for 4 steps. Keep repeating this for one minute.
- Walk down an aisle at a grocery store or in a mall, turning your head from side to side.

Performed Daily

Frequency: 2 times per day

Duration: 1-2 minutes each time you exercise

Use any combination of the exercises given to you. Just mix them up and complete them in an order using your allotted time. If you become dizzy, cut back but DO NOT stop the exercises or walking.

Walking Program

Walk for 10 minutes a day, 4-5 days a week. Look around while you walk (look at the trees, birds, cars, other people walking by, ect.) Swing your arms and keep your head forward; do not keep your head down.

Increase by 5 minutes per week.

Until you reach 30 minutes per walk.