



Exercises for Decreased Vestibular Function

Patient and Family Education

This teaching sheet contains general information. Please talk with your child's doctor or pediatric audiologist to get more specific information. Call **813-262-1330** to schedule an appointment.

During the initial period of therapy there may be a period where you feel worse before you begin to feel better. If your symptoms do not begin to improve within a few weeks please contact our office.

- It is very important to do these exercises every day.

In bed:

- Eye movements- slowly for 30 seconds, then quickly for 30 seconds
 1. Look up and down
 2. Look side to side
 3. Focus on finger moving 3 ft to 1 ft away from face
- Head movements- slowly, quickly, and with eyes closed, 15 times each
 1. Nod forward and backward
 2. Turn side to side

Sitting:

- Eye movements- slowly then quickly, holding for 30 seconds each
 1. Look up and down
 2. Look side to side
 3. Focus on finger moving 3 ft to 1 ft away from face
- Head movements- slowly, quickly, and with eyes closed, 15 times each
 1. Nod forward and backward
 2. Turn side to side
- Shoulder shrugs and circles- 15 times each
- Forward bends- pick up objects from the ground, 10 times

Standing:

- Eye movements- slowly then quickly, holding for 30 seconds each
 1. Look up and down
 2. Look side to side
 3. Focus on finger moving 3 ft to 1 ft away from face
- Head movements- slowly, quickly, and with eyes closed, 15 times each
 1. Nod forward and backward
 2. Turn side to side
- Shoulder shrugs and circles- 15 times each
- Tennis ball throws- from hand to hand under your knee, 10 times
- Position changes- stand up and sit down, turning around in between, 10 times

Moving about:

- Walk across room with eyes open and then with eyes closed
- Walk up and down steps with eyes open and then closed
- Walk up and down a slope or incline with eyes open and then closed
- Do an activity involving stopping, stretching and aiming, like bowling or basketball

Motion Sensitivity:

Perform the following exercises 2-3 times each, twice a day. You may feel dizziness during the exercises, therefore, rest a few seconds in between each exercise to allow symptoms to subside. It may take up to 4 weeks for overall symptoms to decrease.

- Start in a sitting position. Lay flat for 30 seconds or until dizziness subsides
- Start laying flat. Turn to your left side, lying on your left shoulder. Hold for 30 seconds or until dizziness subsides.
- Roll from the left side to the right side, lying on your right shoulder. Hold for 30 seconds or until dizziness subsides.
- Roll from your right side to a flat position, lying on your back. Hold for 30 seconds or until dizziness subsides.
- Sit straight up. Tip head to left knee. Hold for 30 seconds or until dizziness subsides.
- Bring head up. Tip head to right knee. Hold for 30 seconds or until dizziness subsides.
- Bring head up. Turn head left and right 5 times while focusing on a stationary object.
- Nod head 5 times while focusing on a stationary object.
- Turn head to the right and focus on an object to the left. Turn head to the left and focus on an object to the right. Do this 5 times for each side.

Factors that may delay the recovery or limit the final level of recovery are as follows:

- Use of medications that suppress vestibular function
- Limiting the head movements and keeping eyes closed when feelings of dizziness begin
- Disorders involving areas other than the vestibular system