

HEAD EXERCISES FOR POSITIONAL VERTIGO

- Perform the following exercises two times per day.
- These exercises are prescribed for people of all ages and with various physical problems. You may not be able to do all of them but try the ones you can do safely. Start slowly and increase them as you feel more confident.
- Perform the exercises in an open area where you can not fall against anything should a fall occur. It is good to have a padded chair nearby to steady yourself should you lose ballance.
- Perform the exercises with a partner.
- If any of the exercises cause you pain, stop the exercise immediately.

EYE EXERCISES

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

HEAD EXERCISES

Bend your head forward, then backward with your eyes open - slowly, then quickly. Repeat this 20 times.

SITTING

While sitting, shrug your shoulders 20 times. Turn your shoulders to the right, then to the left 20 times. Bend forward, pick up objects off the ground and then sit up again. Repeat this 20 times.

Sitting, turn your head to the right and then to the left, leading your head with your eyes as if you were watching a tennis match. Go back and forth five times, then wait 10 seconds and repeat the process three times.

Sitting, bend your head down looking at the floor, then look up at the ceiling moving both your head and eyes - repeat this five times. Then wait 10 seconds and repeat the entire process three more times.

STANDING

Change from sitting to standing and back again 20 times with eyes open. Repeat with eyes closed. While standing throw a small rubber ball from hand to hand above eye level. Do this for five minutes.

Standing, make a rapid 1/4 turn to the left with eyes open, wait five seconds and repeat another rapid 1/4 turn, continuing for one full revoution. Then wait 10 seconds and repeat the entire process to the right. Repeat the entire maneuver three more times.

MOVING ABOUT

Begin a walking program in which you walk five days per week. Start with five minutes and progress three minutes each week untill you can walk for 25-30 minutes. It is desirable to turn your head to the right and to the left occasionally during this walking exercise.

ANY GAME INVOLVING STOOPING AND/OR TURNING IS A GOOD VESTIBULAR (inner ear) EXERCISE.