

# Exercise and Bilateral Vestibular Hypofunction

## How does Vestibular Rehabilitation Therapy help?

Your physical therapist has developed an individualized program for you based on problems that were identified during your initial examination.

These exercises were chosen to:

- Decrease blurry vision during head and body movements
- Improve balance and reduce risk of falls



These exercises may increase your symptoms of:

- Imbalance
- Blurry vision

Don't worry, these symptoms will decrease with time and are a sign that your treatment is having the desired effect.

The purpose of these exercises is to retrain the brain to use the signals coming from your inner ear to reduce your symptoms. By performing your prescribed exercises correctly and consistently you will help reduce the blurry vision, increase overall strength and balance, and decrease the risk of falls.

## Why do I feel worse when doing the exercises?

As you perform your exercises, you may feel a temporary, but manageable, increase in imbalance and blurry vision. As the brain attempts to sort out the new pattern of movements, this reaction is normal. Because of the increase in symptoms, you may want to stop doing the exercises. These symptoms will decrease in intensity as you do your exercises consistently. Dizziness can often cause anxiety, always talk to your therapist if you are anxious or if the exercises are making you anxious. There are times when your exercise program may need to be modified.

## How can I be successful with my Rehabilitation program?

- Follow the home exercise program and use a timer to make sure that you are doing the exercises for the exact amount of time, as prescribed by your therapist.
- Use strategies to compensate for vestibular loss such as turning on lights at night to be able to use vision or using a cane for balance in busy environments.

Your Physical Therapist will also provide education about how to manage your symptoms at home and work to improve your ability to perform daily activities.

