**EXERCISES TO REDUCE PROBLEMS**

**DUE TO PERIPERAL VESTIBULAR HYPOFUNCTION**

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Based on recommendations from the

American Physical Therapy Association Neurology Section’s

Clinical Practice Guidelines for Peripheral Vestibular Hypofunction\*

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\* Hall CD, et al. Vestibular Rehabilitation for Peripheral Vestibular Hypofunction: An Evidence-Based Clinical Practice Guidelines. *JNPT*. 2016; 40:124-155.

Peripheral Vestibular Hypofunction Fact Sheet

**What is Peripheral Vestibular Hypofunction?**

Peripheral vestibular hypofunction (P-VeH) is a condition that occurs when there is damage to the balance portion of your inner ear or to the nerve that carries the inner ear information to the brain. The damage causes a weakness (reduced function) of the inner ear or the nerve and can occur in one ear (unilateral) or in both ears (bilateral).

**What might cause P-VeH?**

The most common cause of unilateral P-VeH (one ear affected) is due to vestibular neuritis or labyrinthitis, which is thought to be from a viral or bacterial infection. Also, in rare cases, P-VeH can be due to a Vestibular Schwannoma, which is a benign tumor that slowly grows on the inner ear nerve. When bilateral P-VeH (both ears affected) occurs, it is frequently from a toxic reaction to medications that end up causing both inner ears to weaken (reduce in function).

**What are the common symptoms related to P-VeH?**

Symptoms can vary from person to person and can include *any or all* of the following:

Dizziness (Non-motion sensation of inaccurate body awareness; Examples: wooziness or lightheaded)

Vertigo (Sensation of self-motion when no motion is occurring or a disturbed motion during a normal head motion; Examples: spinning or rocking)

Visual blurring with head movement (Examples: jumping or bouncing vision)

Unsteadiness or off balance when standing and/or walking

Falls

**How can physical therapy help relieve the symptoms?**

When individuals with P-VeH have symptoms, physical therapy uses vestibular rehabilitation exercises to help reduce the symptoms. There are typically four different exercise types that can be prescribed:

1. Habituation

2. Gaze Stabilization

3. Balance

4. Aerobic

Vestibular rehabilitation exercises have been shown to be effective to relieve symptoms and promote faster recovery.

Once your physical therapist identifies the problems you are experiencing, she/her will teach you exercises that are specifically designed to help reduce the symptoms. Although most exercises are prescribed so that you do them at home, vestibular rehabilitation works best when your exercises are also regularly supervised and progressed by your physical therapist. To have the best chance to experience positive changes, it is important that you routinely do the exercises that are taught to you. If you have any questions about your reaction to the exercises, make sure that you contact your physical therapist.

**HABITUATION TRAINING EXERCISES FOR DIZZINESS**

**Purpose:**

These exercises are used to help reduce the dizziness you experience from moving around and/or from visually stimulating environments. The idea of these exercises is to repeatedly expose you to specific movements and/or visual stimuli that bring on the dizziness you experience. With consistent exposure over time, your brain should not respond to these movements or visual stimuli, which can lead to a reduction of the dizziness. The exercises are designed to only cause a mild (or at most, a moderate) increase in dizziness and it should only last for a maximum of a few minutes after you stop doing them.

**Monitoring symptoms:**

Before starting the exercises, it is important for you to rate the dizziness you are experiencing by using the scale provided. Ask yourself, “What is the intensity of the dizziness right now on a scale of 0 to 10? A rating of zero means you have no dizziness at all and a rating of 10 means you have the worst symptoms imaginable.

0 - - - - - 1 - - - - - 2 - - - - - 3 - - - - - 4 - - - - - 5 - - - - - 6 - - - - - 7- - - - - 8 - - - - - 9 - - - - - 10

This is your baseline level. Monitor the dizziness as you do the exercises.

After each exercise, you need to stop and rest. The symptoms should decrease to your baseline level before you begin the next exercise.

If you are experiencing severe dizziness symptoms before you start the exercises, do not start them and let your physical therapist know.

Keep track of when you do the exercises and what symptoms you experience by using the log that is provided at the end.

**When to adjust or stop the exercises:**

Adjust the exercise (move slower, do fewer repetitions, or less time), if the dizziness you experience:

1. feels greater than a mild or moderate intensity.
2. lasts longer than a maximum of 15 - 20 minutes after you stop.

Stop an/the exercise(s), if you:

1. experience pain with it, including headache.
2. don’t feel safe performing it.
3. you have adjusted the exercises and continue to have greater than mild to moderate increase in dizziness intensity or symptoms last longer than 15 – 20 minutes.

Let your therapist know if you need to adjust or stop an exercise so she/he can make sure that the exercise is right for you.

Habituation Exercises Training Page 1 of 3

**HABITUATION TRAINING EXERCISES FOR DIZZINESS**

**Movement Habituation Exercises:**

You and your physical therapist will work together to identify which movements cause you to have mild to moderate dizziness symptoms.

Do the exercises that have been checked off, as follows:

Days per week: \_\_\_\_\_\_\_\_

Times per day: \_\_\_\_\_\_\_\_

# repetitions for each exercise: 3 4 5

# sets per exercise: 3 4 5

To adjust the intensity, change the: 1. Speed, 2. Amount, or 3. Movement size.

□ **1.** **Rolling in Bed**

□ **2.** **Head Turns**

□ **3.** **Bending Forward**

□ **4.** **Standing Body Turns**

□ **5. Brandt Daroff Exercise - See attachment for instructions**

□ **6.**

□ **7.**

□ **8.**

Habituation Training Exercises Page 2 of 3

**HABITUATION TRAINING EXERCISES FOR DIZZINESS**

**Video Habituation Exercises:**

These videos are supposed to make you feel dizzy, but only a mild to moderate amount.

Watch the videos on your: □ Smartphone / □ Computer / □ TV

Do the following video(s):

\_\_\_\_ LEVEL ONE for \_\_\_\_\_ seconds. Do \_\_\_\_ times.

\_\_\_\_ LEVEL TWO for \_\_\_\_\_ seconds. Do \_\_\_\_ times.

\_\_\_\_ LEVEL THREE for \_\_\_\_\_ seconds. Do \_\_\_\_ times.

Watch the videos while:

□ Sitting [ □ without / □ with ] head turns [ □ side to side / □ up & down ]

□ Standing [ □ without / □ with ] head turns [ □ side to side / □ up & down ]

□ Walking [ □ without / □ with ] head turns [ □ side to side / □ up & down ]

Watch the videos \_\_\_\_ times per day. They should take no more than \_\_\_\_ minutes per day.

In between videos, let the symptoms return completely to baseline before watching the next video. After watching the last video, also let the symptoms return to baseline before you return to daily activities.

After watching the videos, you may have residual symptoms, however they should return to baseline within 15 - 20 minutes.

If the symptoms provoked are extreme or do not return to baseline after 15 – 20 minutes, stop the exercise and let your physical therapist know your reaction.

To watch a video, go to [www.youtube.com](http://www.youtube.com). Type the video name into the search tab and click ‘enter’.

**LEVEL ONE VIDEOS**

Flying over America

Driving in Manhattan New York

A Predawn Visit to the Rue Cler

Ice Skating in High Sierra

**LEVEL TWO VIDEOS**

An Afternoon Stroll through the Latin Quarter

Just Walking Down The Street In Akihabara Japan

A stroll through the casino at the Monte Carlo hotel in Las Vegas

Driving in Toronto - Morning rush hour on highway 401 west (Front dash cam)

Driving: Fort Pitt Tunnel Pittsburgh Pa

**LEVEL THREE VIDEOS**

Busy Shopping Street (by Yolya Freelancer)

Habituation: Optokinetics in travel – train

Here’s What It’s Like to Ski an Olympic Downhill Course

A walk-through Times Square

Maui: The Road to Hana Time Lapse

Habituation Training Exercises Page 3 of 3

**GAZE STABILIZATION TRAINING EXERCISES**

**Purpose:**

These exercises are designed to help reduce blurred, bouncing, and/or jumping vision that you experience during head movements. These exercises are used to promote gaze stability so you can move your head and see clearly. It is normal for these exercises to increase dizziness, especially when you first begin them.

**Monitoring symptoms:**

Before beginning the exercises, if you have any dizziness, it is important for you to rate the dizziness you are experiencing by using the scale provided. Ask yourself, “What is the intensity of the dizziness right now on a scale of 0 to 10? A rating of zero means you have no dizziness and a rating of 10 means you have the worst symptoms imaginable.

0 - - - - - 1 - - - - - 2 - - - - - 3 - - - - - 4 - - - - - 5 - - - - - 6 - - - - - 7- - - - - 8 - - - - - 9 - - - - - 10

This is your baseline level. If you have dizziness, monitor it as you do the exercises. After each exercise, you need to stop and rest. The symptoms should decrease to your baseline level before you begin the next exercise.

If you are experiencing severe dizziness symptoms before you start the exercises, do not do them and let your physical therapist know.

Keep track of when you do the exercises and what symptoms you experience by using the log that is provided at the end.

**When to adjust or stop the exercises:**

Adjust the exercise (move slower, do fewer repetitions, or less time), if the dizziness you experience:

1. feels greater than a mild or moderate intensity.
2. lasts longer than a maximum of 15 - 20 minutes after you stop.

Stop an/the exercise(s), if you:

1. experience pain with it, including headache.
2. don’t feel safe performing it.
3. you have adjusted the exercises and continue to have greater than mild to moderate increase in dizziness intensity or symptoms last longer than 15 – 20 minutes.

Let your therapist know if you need to adjust or stop an exercise so she/he can make sure that the exercise is right for you.

Gaze Stabilization Training Exercises Page 1 of 7

**GAZE STABILIZATION TRAINING EXERCISES**

You are to do the exercises that have been checked off. Please perform them as they are written.

When choosing a target for these exercises, either choose a number or letter **that is not too big**. For **near targets** that are an arm’s length away from you, the size of the target should be the size used for reading books. For **far targets**, it depends on how far away you are from the target, but it should only be big enough so that you can keep your focus on the whole target, not just part of the target.

□ **Far Target VOR x1**

A. Tape an appropriate-sized target to the wall at eye level.

B. The target needs to be on a:

□ PLAIN BACKGROUND □ BUSY BACKGROUND

C. While \_\_\_\_\_ feet from the wall, do the exercise:

□ SITTING

□ STANDING with your feet: □ ON FIRM SURFACE □ ON FOAM

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□ WALKING: □ TOWARD THE TARGET □ AWAY FROM THE TARGET

D. To do the exercise, you are to turn your head as quickly as you can while keeping the target in focus. Turn your head:

□ SIDE TO SIDE (like saying “no”)

□ UP & DOWN (like saying “yes”)

E. Do this continuously for \_\_\_\_\_minutes (range of 1 – 2 minutes).

F. Take a break and allow any symptoms to return to baseline before starting the next exercise.

G. Do the exercise(s) \_\_\_\_\_ times per day (range of 3 – 5 times/day).

Gaze Stabilization Training Exercises Page 2 of 7

**GAZE STABILIZATION TRAINING EXERCISES**

□ **Near Target VOR x1**

A. Hold an appropriate-sized target at arm’s length (or place on the wall at arm’s length) and at eye level.

B. The target needs to be on a:

□ PLAIN BACKGROUND □ BUSY BACKGROUND

C. Do the exercise while:

□ SITTING

□ STANDING with your feet: □ ON FIRM SURFACE □ ON FOAM

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□ WALKING: □ TOWARD THE TARGET □ AWAY FROM THE TARGET

D. To do the exercise, you are to turn your head as quickly as you can while keeping the target in focus. Turn your head:

□ SIDE TO SIDE (like saying “no”)

□ UP & DOWN (like saying “yes”)

E. Do this continuously for \_\_\_\_\_minutes (range of 1 – 2 minutes).

F. Take a break and allow any symptoms to return to baseline before starting the next exercise.

G. Do the exercise(s) \_\_\_\_\_ times per day (range of 3 – 5 times/day).

Gaze Stabilization Training Exercises Page 3 of 7

**GAZE STABILIZATION TRAINING EXERCISES**

□ **VOR x2**

A. Hold an appropriate-sized target at arm’s length (or place on the wall at arm’s length) and at eye level.

B. The target needs to be on a:

□ PLAIN BACKGROUND □ BUSY BACKGROUND

C. Do the exercise while:

□ SITTING

□ STANDING with your feet: □ ON FIRM SURFACE □ ON FOAM

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□ WALKING: □ TOWARD THE TARGET □ AWAY FROM THE TARGET

D. To do the exercise, you are to turn your head and arm in opposite directions (e.g. when arm moves to right, your head moves to the left). Do this movement as quickly as you can while keeping the target in focus. Turn your head:

□ SIDE TO SIDE (like saying “no”)

□ UP & DOWN (like saying “yes”)

E. Do this for\_\_\_\_\_ minutes (range of 1 – 2 minutes).

F. Take a break and allow any symptoms to return to baseline

before starting the next exercise.

G. Do the exercise(s) \_\_\_\_\_ times per day (range of 3 – 5 times/day).

Gaze Stabilization Training Exercises Page 4 of 7

**GAZE STABILIZATION TRAINING EXERCISES**

□ **Gaze Shift**

A. Tape two appropriate-sized targets to the wall at eye level.

Have the targets placed:

□ HORIZONTALLY

□ VERTICALLY

B. The targets need to be on a:

□ PLAIN BACKGROUND □ BUSY BACKGROUND

C. Stand between the targets at:

□ ARM’S LENGTH

□ \_\_\_\_\_ FEET FROM THE WALL

D. Look at the target on the left/top and see if you can see the target on the right/bottom in your peripheral vision. Adjust the targets so that you can quickly and easily move your eyes between the targets and not lose focus.

E. Do the exercise:

□ SITTING

□ STANDING with your feet: □ ON FIRM SURFACE □ ON FOAM

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□ WALKING: □ TOWARD THE TARGET □ AWAY FROM THE TARGET

F. To do the exercise horizontally, you are to:

- look at the target on the left and have your nose pointing toward the target on the left.

* then, move your eyes to the right target followed by moving your head to the right target

so that your nose faces the target.

- repeat this ‘eye followed by head movement’ toward the other direction.

G. Do the ‘eye followed by head movement’ repeatedly as quickly as you can while always keeping the targets in focus for \_\_\_\_\_ minutes (range of 1 – 2 minutes).

H. Take a break and allow any symptoms to return to baseline before starting the next exercise.

1. Do the exercise(s) \_\_\_\_\_times per day (range of 3 – 5 times/day).

Gaze Stabilization Training Exercises Page 5 of 7

**GAZE STABILIZATION TRAINING EXERCISES**

□ **Gaze Shift (continued)**

J. To do the exercise vertically, you are to:

- look at the target on the top have your nose pointing toward the target on the top.

* then, move your eyes to the bottom target followed by moving your head to the bottom target so that your nose faces the target.

- repeat this ‘eye followed by head movement’ toward the other direction.

K. Do the ‘eye followed by head movement’ repeatedly as quickly as you can while always keeping the targets in focus for \_\_\_\_\_ minutes (range of 1 – 2 minutes).

L. Take a break and allow any symptoms to return to

baseline before starting the next exercise.

M. Do the exercise(s) \_\_\_\_\_times per day (range of 3 – 5 times/day).

□ **Remembered Target**

A. Tape an appropriate-sized target to the wall at eye level.

B. The target needs to be on a:

□ PLAIN BACKGROUND □ BUSY BACKGROUND

C. Do the exercise while:

□ SITTING

□ STANDING with your feet, as circled: □ ON FIRM SURFACE □ ON FOAM

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E. To do the exercise horizontally, look at the target and close your eyes.

F. Remember where the target is and keep your eyes on the target under closed lids while you turn your head about half way to one side.

G. Open your eyes. Your eyes should still be on the target.

H. Then, repeat the exercise to the other side.

I. Do the ‘close your eyes, turn your head, open your eyes on the target’ repeatedly as quickly as you can for \_\_\_\_\_ minutes (range of 1 – 2 minutes).

J. Do the exercise(s) \_\_\_\_\_ times per day (range of 3 – 5 times/day).

Gaze Stabilization Training Exercises Page 6 of 7

**GAZE STABILIZATION TRAINING EXERCISES**

□ **Remembered Target (continued)**

K. To do the exercise vertically, look at the target and close your eyes.

L. Remember where the target is and keep your eyes on the target under closed lids while you tip your head up about half way toward the ceiling.

M. Open your eyes. Your eyes should still be on the target.

N. Then, repeat the exercise, but instead tip your head down about half way to the ground.

O. Do the ‘close your eyes, tip your head, open your eyes on the target’ repeatedly as quickly as you can for minutes (range of 1 – 2 minutes).

P. Do the exercise(s) \_\_\_\_\_ times per day (range of 3 – 5 times/day).

Gaze Stabilization Training Exercises Page 7 of 7

**BALANCE TRAINING EXERCISES**

**Purpose:**

Balance training exercises are used to improve steadiness and prevent falls so that daily activities for self-care, work, and leisure can be performed successfully. These exercises need to be moderately challenging, but safe enough so you do not fall while doing them.

**Getting started:**

Always do the exercises in a safe location (e.g. corner of a room or a hallway), so that if you do lose your balance, you have something you can reach for or something that protects you from a fall.

You may need a chair close by to sit in so that you can occasionally take rest breaks, if necessary.

Do all exercises with good posture. Also, engage your core muscles (gently bring your ‘belly button toward spine’ and lift your pelvic floor muscles) and remember to maintain normal breathing.

**When to stop an exercise:**

If you have pain or don’t feel safe performing an exercise, let your therapist know so she/he can make sure that it is right for you.

**STATIC BALANCE EXERCISES**:

□ Standing with Eyes Closed:

A. Stand in a corner facing out with your feet:

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B. Close your eyes for up to \_\_\_\_\_ counts.

C. Then, open your eyes for 5 counts to get your balance.

D. Repeat \_\_\_\_\_ times.

E. Do this exercise \_\_\_\_\_ times per day.

□ Single Leg Stance:

A. While standing next to a counter or a wall, lightly touch it with one hand.

B. Lift one leg up so that the knee is bent and the foot is at knee height.

C. If you are able, pick up the hand to balance without touching the counter or wall.

D. Hold this position for up to \_\_\_\_\_ counts.

E. Do the same exercise with the other leg.

F. Repeat exercise \_\_\_\_ times with each leg.

G. When you can do 30 seconds consistently, practice closing your eyes for \_\_\_\_\_ counts.

H. Repeat exercise \_\_\_\_ times with each leg while your eyes are closed.

I. Do this exercise \_\_\_\_\_ times per day.

Balance Training Exercises Page 1 of 5

**BALANCE TRAINING EXERCISES**

**STATIC BALANCE EXERCISES (continued)**:

□ Single Leg Stance with Foot on Ball:

A. While standing next to a counter:  □ LIGHTLY TOUCH IT □ DO NOT TOUCH IT

B. Put your foot on a 8-inch ball and get your balance.

C. Then, roll the ball away from you and toward you, \_\_\_\_\_ times.

D. Afterward, roll the ball from side to side, \_\_\_\_\_ times.

E. Repeat the same exercise with the other leg.

F. Do this exercise \_\_\_\_\_ times per day.

□ Standing on Foam with Eyes Open:

A. Stand on a foam cushion in a corner while facing out:

□ WHILE LIGHTLY TOUCHING THE WALL WITH ONE HAND

□ WITHOUT TOUCHING THE WALL

B. Have your feet:

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C. Repeat \_\_\_\_\_ times.

D. Do this exercise \_\_\_\_\_ times per day.

□ Standing on Foam with Eyes Closed:

A. Stand on a foam cushion in a corner facing out and your feet:

□ WHILE LIGHTLY TOUCHING THE WALL WITH ONE HAND

□ WITHOUT TOUCHING THE WALL

B. Have your feet:

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C. Close your eyes for up to \_\_\_\_\_ counts.

D. Then open your eyes for 5 counts to get your balance.

E. Repeat \_\_\_\_\_ times.

F. Do this exercise \_\_\_\_\_ times per day.

Balance Training Exercises Page 2 of 5

**BALANCE TRAINING EXERCISES**

**DYNAMIC BALANCE EXERCISES**:

□ CLOCK Exercise:

A. While in a corner and facing out, stand with your feet shoulder width apart and your eyes:

□ OPEN

□ CLOSED

B. While imagining that you are standing in the center of a clock, lean forward from your ankles (do not bend from your waist or shoulders) toward the 12 o’clock by putting pressure under

your toes and feeling less pressure under your heels. Hold position for 5 counts.

C. Return to the center of the clock.

D. Then, lean back from your ankles (do not bend from your waist or shoulders) toward the 6 o'clock by putting pressure under your heels and feeling less pressure under your toes. Hold position for 5 counts.

E. Return to the center of the clock.

F. Finally, move your weight toward the 3 o'clock and the 9 o'clock. Do not bend sideways at the hips. Hold each position for 5 counts.

G. Repeat \_\_\_\_\_ times in each direction.

H. Do this exercise \_\_\_\_\_ times per day.

# □ CLOCK Exercise (Moving to Each Number):

A. In a corner facing out, stand with your feet shoulder width apart and your eyes:

□ OPEN

□ CLOSED

B. Imagine that you are standing in the center of a clock. Lean forward from your ankles (do not bend from your waist or shoulders) toward the 12 o’clock by putting

pressure under your toes and feeling less pressure under your heels. Hold position for 5 counts.

# C. Then, while leaning from your ankles, slowly move toward each number on the clock until you return back to 12 o’clock. Do not turn your shoulders or hips as you move. Your hips should draw a circle.

# D. As you move, feel how the pressure moves to different parts of your feet.

# E. Move clockwise \_\_\_\_\_times. Then, counterclockwise \_\_\_\_\_ times.

F. Do this exercise \_\_\_\_\_times in each direction.

□ Single Leg Stance and Tapping a Cup:

A. Stand in a corner with good posture and have a Styrofoam cup turned upside down on the ground in front of you.

B. As you stand firmly on one leg, lightly tap the cup with other foot.

C. Tap the cup \_\_\_\_\_\_\_ times.

D. Repeat this exercise with the other foot tapping the cup.

E. Do this with each leg \_\_\_\_\_times.

Balance Training Exercises Page 3 of 5

**BALANCE TRAINING EXERCISES**

**DYNAMIC BALANCE EXERCISES (continued)**:

□ Walk with Eyes Open and Eyes Closed:

A. Walk in a safe area for several steps with your eyes open, then close your eyes for \_\_\_\_\_ counts while you walk.

B. Continue walking while you open and close your eyes for \_\_\_\_ minutes.

C. While walking pay attention to how your heels hit the ground and your toes roll off of the ground with each step.

□ Heel-to-Toe Walking:

A. While standing next to a counter or in a hallway:

□ LIGHT TOUCH

□ DO NOT TOUCH

B. Walk heel to toe for \_\_\_\_\_ minutes.

C. Make sure that with each step the heel is touching the toes.

D. While walking, pay attention to how your weight is placed on each foot and how the hip moves over top of the foot as you put weight on it.

E. Do for  minutes, while walking forward.

F. Do for \_\_\_\_\_ minutes, while walking backward.

□ Walk with Head Turns:

A. Walk at your normal pace in a safe environment.

B. After a few steps, turn your head half way to one side and look at something within 5 feet of you for steps.

C. Then, turn your head to the other side half way and look at something within 5 feet of you

for \_\_\_\_\_ steps.

D. Continue to walk and turn your head for \_\_\_\_\_ minutes.

F. Do the same exercise, but turn your head to look up, and then, down. Only turn your head 45 degrees (halfway). Continue to walk and turn your head up and down for \_\_\_\_\_ minutes.

□ Step Side to Side Over a Cup:

A. Stand with your back close to a wall and your feet together

B. Have a Styrofoam cup to one side of you.

C. Step over the cup to the other side, first with one foot,

then the other.

D. Repeat this exercise, but go the other direction.

E. Do this \_\_\_\_\_times.

Balance Training Exercises Page 4 of 5

**BALANCE TRAINING EXERCISES**

**CUSTOMIZED BALANCE EXERCISES:**

□

□

□

□

Balance Training Exercises Page 5 of 5

**AEROBIC TRAINING EXERCISE**

**Purpose**:

Aerobic training exercises are used to improve your endurance because people with peripheral vestibular hypofunction often limit physical activity to avoid symptom provocation. This exercise type needs to be somewhat challenging to be effective.

**Getting Started:**

If there is a danger of falling, do the exercises in a safe location and discuss with your physical therapist how to modify the activity to make it safer.

**When to stop the exercise:**

If you:

1. have pain with the exercise, including headache.

2. don’t feel safe performing it.

3. have dizziness with these exercises and the symptoms are severe in intensity and/or do not return to baseline within 15 – 20 minutes after finishing them.

If any of these happen, let your therapist know so she/he can make sure that the exercise is right for you.

If you have chest, jaw, or shoulder pain, chest tightness, or shortness of breath with the exercises, stop the exercise and call 911.

You are to do the exercise that has been checked off. Please perform as prescribed.

# Days Per Week: \_\_\_\_\_

Assistive Device: □ None □ Hiking Poles □ Cane □ Walker

Intensity: Your goal is to have your heart rate be within \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ beats per minute while you do aerobic exercise. \*See “Taking Your Heart Rate” for instructions to determine your heart rate.

□ Walking for \_\_\_\_\_ minutes, \_\_\_\_\_ per day (□ Indoors / □ Outdoors / □ Treadmill)

□ Stationary Bicycling for \_\_\_\_\_ minutes, \_\_\_\_\_ per day

□ Elliptical for \_\_\_\_\_ minutes, \_\_\_\_\_ per day

□ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for \_\_\_\_\_ minutes, \_\_\_\_\_ per day

\*Taking Your Heart Rate: Count the number of beats (pulses) for 15 seconds. Double the number twice and this is your heart rate. For example, if you count 20 beats in 15 seconds, 20 doubled is 40, and doubled again, is 80. So, your heart rate would be 80 beats per minute.

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