

Important information as you are discharged from therapy with a diagnosis of Unilateral Vestibular

Congratulations! You have made significant progress and are ready for discharge.

The exercises that you have done so far were specifically designed for you. Based on identified problems, the exercises were chosen to:

- Decrease dizziness and /or vertigo symptoms
- Decrease blurry vision during head movements
- Improve balance and reduce risk of falls



Doing these exercises regularly has helped your brain compensate for the damage to your vestibular system. Although you are being discharged, you are encouraged to keep practicing the exercises as your physical therapist has prescribed. Use the timer and metronome to monitor the duration and speed of your eye exercises. Continue to perform your balance exercises and stay active to increase your fitness level.

Why do I need to continue doing my exercises?

Although your brain has learned to compensate, minor events like the flu or a bad cold or anything that interrupts normal activity for a few days can cause the brain to “forget” and the dizziness could return. This is called decompensation. Performing the home exercises that you were prescribed will help you quickly get back to baseline. If symptoms do not improve, make an appointment to see your physical therapist. Or, if the symptoms are different, contact your physician for a follow-up visit.

Which community programs can be helpful to me?

- You are encouraged to participate in programs at your local YMCA or other community centers that have walking programs or indoor tracks that will help you maintain your general fitness level.
- Tai Chi has been shown to help by improving balance and awareness of movement.



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.