

HOME VESTIBULAR EXERCISES

These vestibular exercises are a modified form of the “Cawthorne-Cooksey” exercises. They are targeted towards improving the three components of balance:

1. Visual through various eye tracking exercise
2. Inner ear through eye and head movement exercises (vestibulo-ocular reflex exercises)
3. Postural or proprioceptive through neck and general balancing exercises

These exercises are meant to be part of a progression, so don't be discouraged if you are unable to perform all of them the first time. The aim of these exercises are to practice eye, head, and body movements that cause dizziness and thus gradually overcome the disability. Dizziness may feel worse initially but should gradually improve as you progress through the exercises. Also, remember that safety is first, and if you feel at risk for falls or injury, stop the exercises immediately.

Please visit our website to see a demonstration the vestibular exercises:

<https://www.beverlyhillsent.com/videos>

I. SITTING POSITION

1. Eye tracking exercises (20 times each)
 - a. Up and down
 - b. Side to side
 - c. Focus on an object moving from arm's length to 6 inches away from the face
2. Vestibulo-ocular reflex exercises – at first slowly and then increasing speed (20 times each)
 - a. Focus on an object while moving the head up and down
 - b. Focus on an object while moving the head side to side
3. Shrug shoulders and rotate. (20 times)
4. Bend forward and place an object on the ground (20 times) (Use caution with back problems.)

II. STANDING POSITION

1. Repeat number 1 from above (Eye tracking exercises)
2. Repeat number 2 from above (Vestibulo-ocular reflex exercises)
3. Repeat number 3 from above (Shoulder shrugs)
4. Change from a sitting to standing position with eyes open (10 times) and eyes shut (10 times)
5. Change from a sitting to standing position and turn around in between (10 times)
6. Throw a ball from hand to hand above eye level (20 times)
7. Throw a ball from hand to hand under the knees (10 times each knee)
8. Stand on one foot with eyes open (3 times for 10 seconds each foot) and eyes shut (3 times for 10 seconds each foot) (Make sure a surface is available for you to grab on to if you lose balance.)
9. Walk a straight line from heel to toe (5 times for 10 paces)

PERFORM THESE EXERCISES AT LEAST TWICE DAILY