

CENTRAL ARKANSAS

Ear, Nose & Throat Clinic

VERTIGO EXERCISES

These exercises are designed to stimulate or "work" the vestibular system and eventually lessen vertigo during daily activities. Each exercise is to be done at least twice per day beginning with 5 repetitions and increasing to 10 repetitions if you are able.

Head and eye movements while sitting:

1. Keeping head still, look up and then down.
2. Keeping head still, look side to side.
3. Hold a finger out at arm's length. Focus on your finger and bring toward your nose, then back out again.
4. Move your head slowly side to side with your eyes open.
5. Move your head quickly side to side.
6. Move your head slowly up and down with your eyes open.
7. Move your head quickly up and down.
8. Repeat numbers 4 through 7 with your eyes closed.

Head and body movements while sitting:

1. Place an object on the floor in front of you. Reach down to pick it up, and then return to an upright position. Remember to look down at the object, and then look back up when you bring your trunk back up.
2. Bend forward and pass the object back and forth under your knees.

Standing exercise:

1. Go from a seated to a standing position, and then return to sitting.
2. Repeat this with your eyes closed.
3. Repeat number 1 but turn a full circle while standing before sitting down again.

Other activities to improve balance:

1. Walk up and down stairs carefully with your eyes open then closed. Hold onto a handrail for safety, if necessary.
2. While standing, practice making sudden 90 degree turns first with the eyes open, then closed.
3. While walking look side to side. This is best done in a grocery store, read labels as you walk down the aisle.
4. Practice standing on one foot; first with eyes open then closed.
5. Standing on a soft surface such as an egg crate mattress, pillow or foam mat:
 - * First walk across the surface to get use to it.
 - * If you have room, walk heel to toe with the eyes open, then closed.
 - * Practice standing on one foot with eyes open, then closed.

For any problems or concerns, please contact our office at the phone number below.

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Board Certified in Otolaryngology

Services Include Head and Neck Surgery & Allergy Testing and Treatment

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