

Dizziness Habituation Exercises (Motion Sensitivity)

The purpose of these exercises

Habituation exercises are helpful in reducing the frequency of onset and the duration of the symptoms of vestibular dysfunction you may be experiencing: dizziness, nausea, a swimming feeling in your head, unsteadiness, imbalance or blurred vision. In order to stimulate the vestibular system, the exercises are designed to provoke your symptoms and make you dizzy. These exercises are thought to help correct your vestibular problem by gradually conditioning your balance system to tolerate the positions and head motions that provoke your symptoms.

Special considerations

- Establish your baseline dizziness: On a scale of 0-10, rate your symptoms at rest (0 = no dizziness).
- Perform an activity until "moderate" dizziness is provoked (self rating of _____/0–10 scale).
- Rest until your symptoms are back down to your baseline number before you progress to another exercise (sit supported if needed). Minimum of 30 seconds.
- Ways of making symptoms increase:
 - Perform more repetitions of an activity
 - Perform the activity faster
 - Perform the activity in a larger arc of motion (bigger)

Activities
