

## Vestibular Rehabilitation Exercises – Level 3

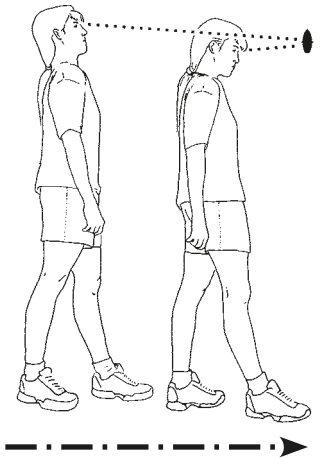
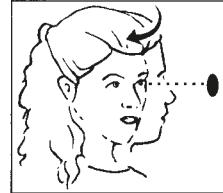
### Eye exercises

#### 1. Gaze stabilization: Walking toward target

Keeping eyes fixed on a single stationary target, walk toward target place on wall \_\_\_\_\_ feet away at eye level, moving head up and down for \_\_\_\_\_ seconds. Repeat while moving head side to side for \_\_\_\_\_ seconds.

Do \_\_\_\_\_ sessions per day.

Repeat using full field stimulus \_\_\_\_\_.



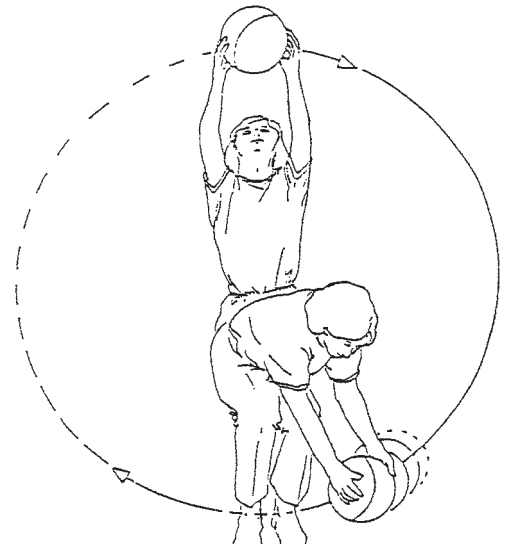
#### 2. Walk and look at targets right/left.

#### 3. Treadmill ambulation.

#### 4. Catch with ball (rebounder).

#### 5. Ball progression: Circle #2

- a. Stand in a relaxed, upright posture, weight equal on both feet. Hold an 8" ball with both hands, arms straight. Keep your eyes on the ball.
- b. Keeping your arms straight, move the ball in a large complete circle. Follow the ball with your head and eyes.
- c. Make the circle large by lifting the ball high over your head, and lower to the ground, bending your knees to touch the ground with the ball. Move smoothly and continuously.
6. If dizziness increases, stop movement until feeling subsides, then begin again.



Repeat \_\_\_\_\_ times. Do \_\_\_\_\_ times per day.

**Special instructions:** \_\_\_\_\_

*The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider. Contact your health care provider if you believe you have a health problem.*