Vestibular Rehabilitation Exercises – Level 2

Habituation

1. Head motion: Side to side

While in _______________ position, tilt head down 30º slowly/quickly move head right/left with eyes open/closed. Let symptoms subside, plus ______ seconds, with each repetition.

Repeat _____ times per session. Do _____ sessions per day.

2. Head motion: Up/down

While in _______________ position and looking straight ahead, turn head 45º to right/left. Slowly/quickly move head up/down with eyes open/closed. Let symptoms subside, plus ______ seconds, between each repetition.

Repeat _____ times per session. Do _____ sessions per day.

3. Bending/Picking up objects

Sitting/standing, slowly/quickly bend head down and pick up object placed on floor. Return to upright position. Let symptoms subside, plus ______ seconds, between each repetition.

Repeat _____ times per session. Do _____ sessions per day.
Otolith stimulation
4. Head tilt: Forward
Maintain head tilted forward, while performing exercise(s)

5. Head tilt: Backward
Maintain head tilted backward, while performing exercise(s)

6. Head tilt: Lateral
Maintain head tilted to right/left while performing exercise(s)

7. Turning
While maintaining head bent forward 30°, lead with head and slowly/quickly make quarter/half/full turns toward right/left with eyes open/closed. Let symptoms subside, plus ______ seconds, between each turn.

Repeat _____ times per session. Do _____ sessions per day.

8. Ball progression: Circle #1
1. 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.
2. Keeping your arms straight, move the ball in a complete circle. Follow the ball with your head and eyes.
3. Return to the starting position and hold for _______.
4. If dizziness increases, stop movement until feeling subsides, then begin again.

Repeat _____ times. Do _____ times per day.

Special instructions: ________________________________