

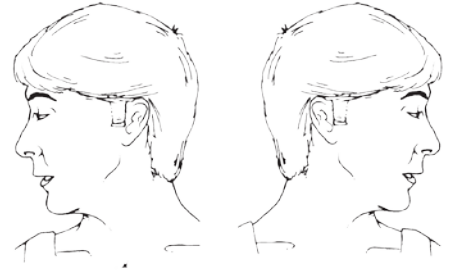
## Vestibular Rehabilitation Exercises – Level 2

### Habituation

#### 1. Head motion: Side to side

While in \_\_\_\_\_ position, tilt head down 30° 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 45° to right/left. Slowly/quickly move head up/down with eyes open/closed. Let symptoms subside, plus \_\_\_\_\_ seconds, between each repetition.

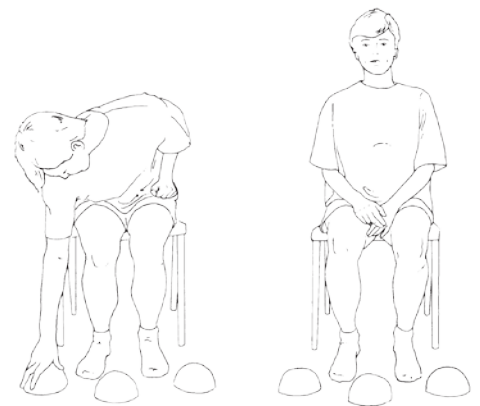
Repeat \_\_\_\_\_ times per session. Do \_\_\_\_\_ sessions per day.



#### 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.



*Continued*

### Otolith stimulation

#### 4. Head tilt: Forward

Maintain head tilted forward, while performing exercise(s)

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#### 5. Head tilt: Backward

Maintain head tilted backward, while performing exercise(s)

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#### 6. Head tilt: Lateral

Maintain head tilted to right/left while performing exercise(s)

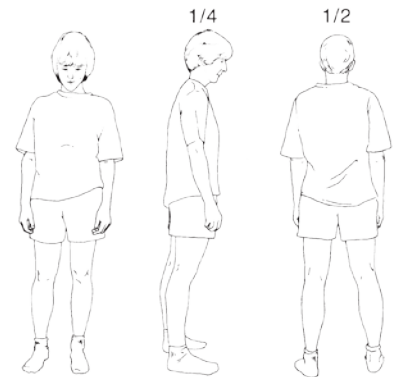
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#### 7. Turning

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:** \_\_\_\_\_

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