Vestibular Rehabilitation Exercises – Level 1

General Information for Eye Exercises

• Target must remain in focus, not blurry, and appear stationary while head is in motion.
• Speed of eye movement should be increased as long as the target stays in focus.
• If you use glasses, wear them while performing exercises.
• These exercises may provoke symptoms of dizziness or nausea. Work through these symptoms. If too dizzy, slow eye movement down slightly. Rest between each exercise.

Eye exercises

1. Oculomotor: Smooth pursuits
   Holding a single target, keep eyes fixed on target. Slowly move it side-to-side/up-down/diagonally while head stays still.

   Perform in ___________ position.
   Move ______ seconds each direction.
   Repeat ______ times per session. Do ______ sessions per day.

2. Oculomotor: Saccades
   Holding two stationary targets placed inches apart side-to-side/up-down/diagonally, move eyes quickly from target to target as head stays still.

   Move ______ seconds each direction.
   Perform in ___________ position.
   Repeat ______ times per session. Do ______ sessions per day.
Head exercises / Gaze stabilization
• Target must remain in focus, not blurry, and appear stationary while head is in motion
• Perform exercise with little head movement (45° to either side of midline).
• Speed of head movement should be increased as long as the target stays in focus.
• If you use glasses, wear them while performing exercises.
• These exercises may provoke symptoms of dizziness or nausea. Work through these symptoms.
  If too dizzy, slow eye movement down slightly. Rest between each exercise.
• Exercises demand concentration; avoid distractions.
• For safety, standing exercises must be performed close to a counter or next to someone.

3. Gaze stabilization: Sitting
Keep eyes fixed on single stationary target held in hand or placed on wall _____ feet away and move head side to side for _____ seconds. Repeat while moving head up and down for _____ seconds.

Do _____ sessions per day.
☐ Repeat using full field stimulus ____________________.

4. Gaze stabilization: Standing feet apart
Keep eyes fixed on single stationary target held in hand or placed on wall _____ feet away and move head side to side for _____ seconds. Repeat while moving head up and down for _____ seconds.

Do _____ sessions per day.
☐ Repeat using full field stimulus ____________________.

5. Visuo-vestibular: Head/eyes moving in same direction
Holding a single target, keep eyes fixed on target. Slowly move target, head and eyes in same direction up-down/side to side/diagonally for _____ seconds each direction.

Perform in ______________ position.
Repeat _____ times per session.
Do _____ sessions per day.
☐ Repeat using full field stimulus ____________________.

Continued
6. **Visuo-vestibular: Head/eyes moving in opposite direction**

   Holding a single target, keep eyes fixed on target. Slowly move target up-down/side to side/diagonally while moving head in opposite direction of target for _____ seconds each direction.

   Perform in ________________ position.
   Repeat _____ times per session.
   Do _____ sessions per day.
   □ Repeat using full field stimulus ________________.