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 ____________________.
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 _________________.

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.