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 ________________.