

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

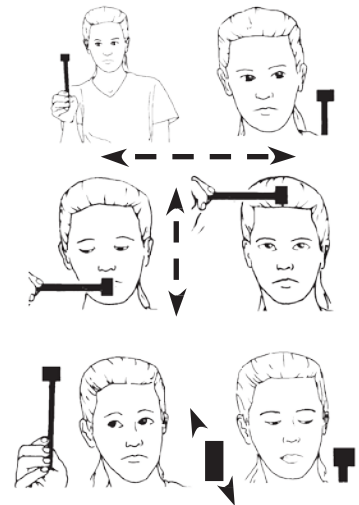
1. Oculomotor: Smooth pursuits

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.



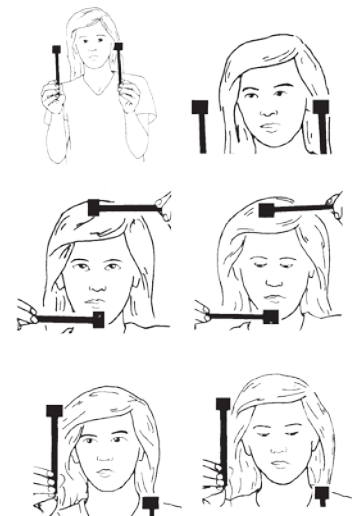
2. Oculomotor: Saccades

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

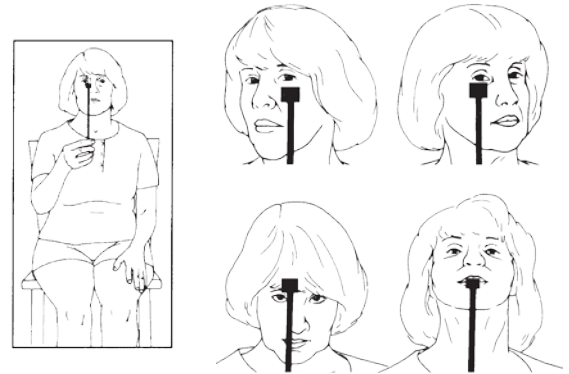
- Target must remain in focus, not blurry, and appear stationary while head is in motion
- Perform exercise with little head movement (45° to either side of midline).
- Speed of head movement should be increased as long as the target stays in focus.
- If you use glasses, wear them while performing exercises.
- 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 _____.

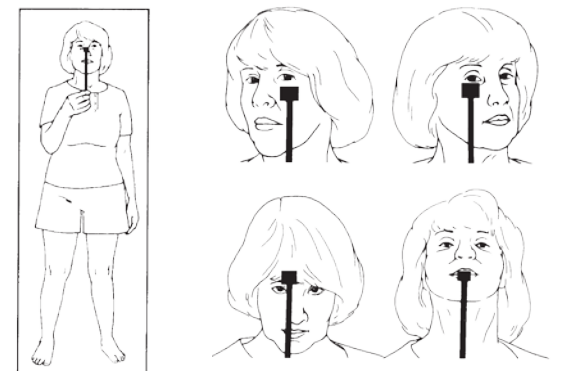


4. Gaze stabilization: Standing feet apart

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

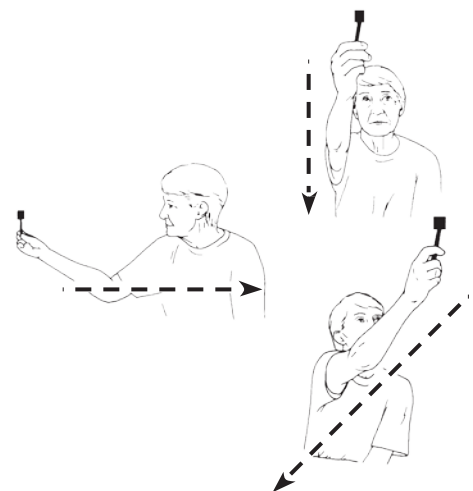
Holding a single target, keep eyes fixed on target. Slowly move target, head and eyes in same direction up-down/side to side/diagonally for _____ seconds each direction.

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 _____.

