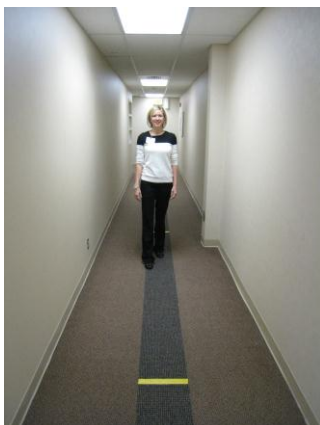


## Vestibular Rehabilitation

### Walking with Horizontal Head Movement



Do these exercise two times each day. If you are unsteady, you should begin by doing these exercises inside your home where you can be close to a wall. As your balance improves, you can try doing these exercises outside. Always do the exercises in a safe place.

1. Begin by walking in a hallway or an open space at home. While you are walking, take a few steps while you turn your head to the right, then turn your head back to center for several steps, and then take several steps with your head turned to the left. Only turn your head far enough and with enough speed to make the walking a little bit challenging. If you are staggering or bumping into the walls, you are turning your head too far or too fast. Repeat this exercise 3-5 times.
2. Do this exercise with just enough intensity to bring on mild to moderate dizziness. Mild to moderate dizziness = 2-3 on a 5-point scale; your symptoms should pass within 30 seconds.

#### **Dizziness Intensity Scale**

0 = No Dizziness

1 = Slight

2 = Mild

3 = Moderate

4 = Moderate-Severe

5 = Severe

Disclaimer: This document contains instructions for occupational and/or physical therapy exercises developed by the University of Michigan Health System (UMHS). Your health care provider has determined that these exercises are beneficial to you based on your condition at this time. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan, including whether it is appropriate to continue doing these exercises should your condition change.

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