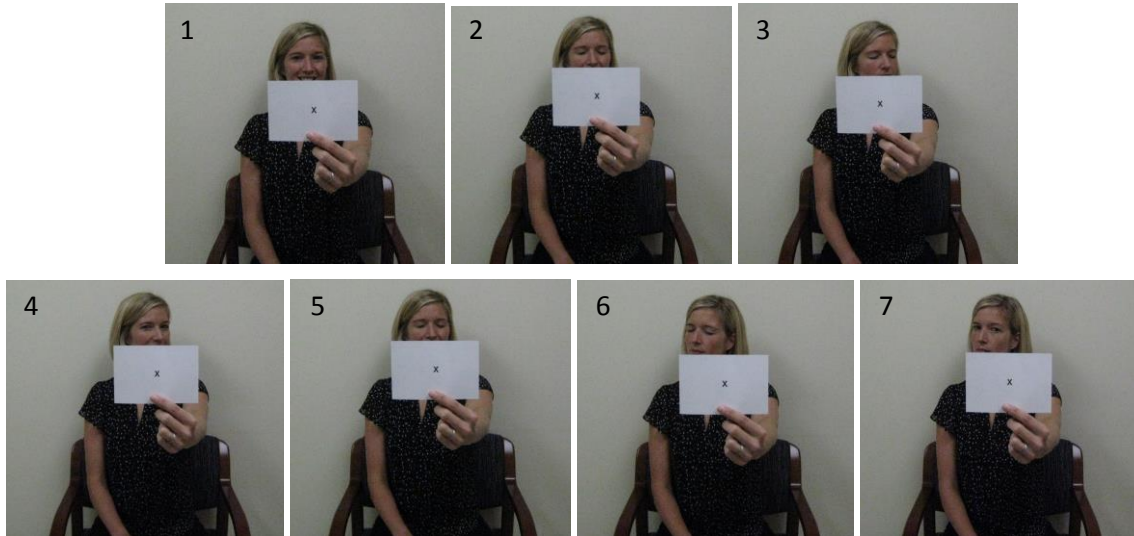


Vestibular Rehabilitation

Imaginary Targets



1. Sit / Stand looking the target “x” card held directly in front of you. If you wear glasses, wear them while you do these exercises
2. Look at the “x”, and then close your eyes.
3. Keep your eyes closed and turn your head slightly to the left, imagining that you are still looking at the target.
4. Open your eyes to see if your eyes are focused on the “x”.
5. Repeat sequence 2 through 4 to the right side.
6. Do this exercise moving your head up and down.
7. Perform for 1-2 minutes, 3-4 times per day for 6-8 weeks.

These exercises may provoke symptoms of dizziness or nausea. Try to work through these symptoms. The exercises demand concentration, avoid distractions.

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.