

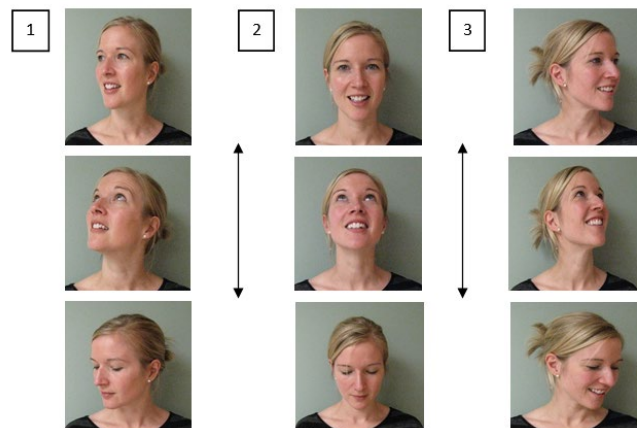
# Habituation: Up and Down Head Motion

- The goal of **habituation training** is to help decrease symptoms of vertigo, dizziness, or nausea that are caused by some head and body movements.
- These exercises might make your symptoms worse at first. However, continue to do the exercises and work through your symptoms. With repetition and time, the exercises will help to reduce or get rid of your symptoms.
- Do this exercise with just enough intensity to cause moderate dizziness. Moderate dizziness is 4-6 on a 10-point scale. Your symptoms should stop within 30 to 60 seconds.

Dizziness Intensity Scale	
0	No dizziness
1	Mild
2	
3	
4	Moderate
5	
6	
7	Moderate-Severe
8	
9	
10	Severe dizziness

### Sit down to do this exercise:

1. Turn your head halfway (45 degrees) to the right. Quickly move your head up and down with your eyes open 5 times. Wait for your symptoms go away, plus 30 seconds.
2. Repeat this exercise with your head centered.
3. Repeat this exercise with your head turned halfway (45 degrees) to the left.



**Repeat 3 times per session.**  
**Do 3 sessions each day.**

Disclaimer: This document contains instructions for occupational and/or physical therapy exercises developed by University of Michigan Health. 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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