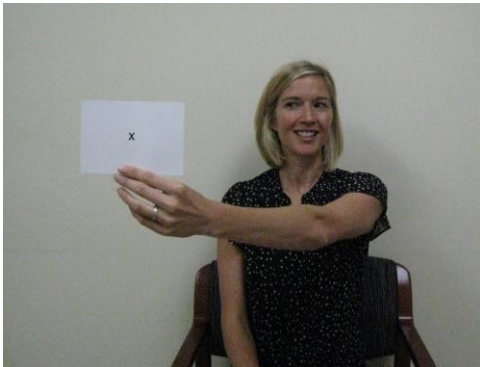


Vestibular Rehabilitation

Gaze Stabilization VOR x2

For your safety:

Begin in the sitting position and progress to the standing position. Stand in a corner with a chair in front of you for support if you feel dizzy or off balance. If you wear glasses, wear them while performing these exercises.



Head Turns Left while "X" moves Right. Eyes stay on "X".



Head Turns Right while "X" moves Left. Eyes stay on "X".

1. Sit with your arm outstretched in front of you holding the target "X" card.
2. Begin to slowly sweep your arm to the left and right while focusing on the target "X".
3. Now begin to turn your head in the opposite direction of the target "X".
4. Continue for 1-2 minutes. Stop and wait for symptoms to pass.
5. Repeat moving your head up and down in the opposite direction of the target "X". Continue 1-2 minutes.

These exercises may provoke symptoms of dizziness or nausea. Try to work through these symptoms. The exercises demand concentration, avoid distractions. Perform these exercises 3 to 4 times per day, for 6-8 weeks.

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.