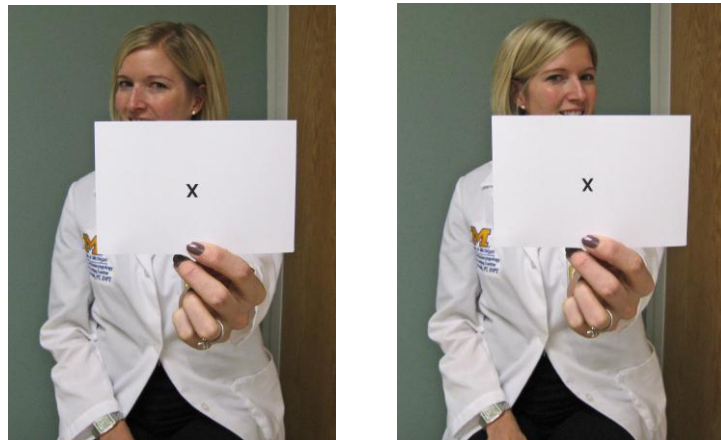


Vestibular Rehabilitation

Gaze Stabilization Exercise VORx1

Begin by doing this exercise sitting in a chair.

- Once you can do the exercise for 1-2 minutes while sitting down, you can start doing the exercises while standing. Stand with a chair in front of you for support if you feel dizzy or off balance.
- If you wear glasses, wear them while you do these exercises.
- Do these exercises 3 to 4 times each day. Do these exercises for 6-8 weeks. These exercises may bring on dizziness or nausea. Try to work through these symptoms.



1. Hold the target “X” card in your hand about arm’s length away. Hold the card at eye level.
2. Keep your eyes focused on the target and turn your head slowly from side to side. Always keep the target steady and in clear focus. Move your head side to side as fast as you can without the target getting blurry or moving. Do this for 1 to 2 minutes without stopping.
3. Repeat the exercise, but instead of turning your head from side to side, move your head slowly up and down. Always keep the target steady and in clear focus. Do this for 1 to 2 minutes without stopping.
4. Repeat this exercise with the large “M” target taped to the wall about 5 feet away. The “M” should be at eye level. First do the exercise with side to side head movements, and then do up and down head movements.

To view a video Demonstration visit: <http://www.med.umich.edu/careguides>

In the keyword search box type: **Gaze Stabilization Exercise VORx1** and hit **Search**

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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