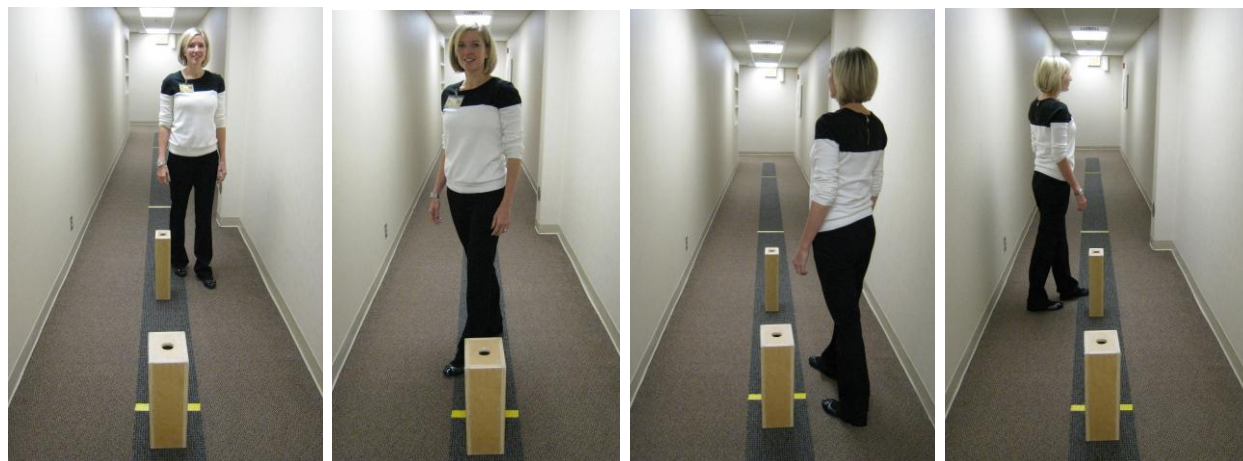


Vestibular Rehabilitation

Walking in a Figure 8 Pattern



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. Put two objects on the floor about 4 feet apart. Shoe boxes set on their side works well. Walk around these objects in a figure 8 pattern a few times. Stop for a few seconds. Repeat 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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