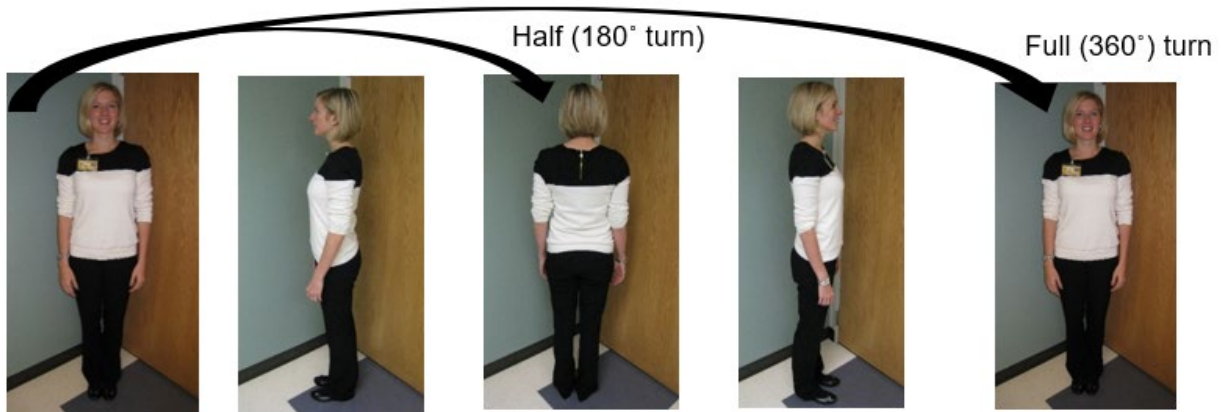


# Habituation: Half and Full Body Turns

- 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 mild to 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



For your safety, do this exercise while standing close to a wall or counter.

1. At a comfortable speed, make a **half (180°)** / **full (360°)** body turn with your eyes **open** / **closed**.
  - Turn to your **left**. Wait for your symptoms to go away, plus 10 seconds.
  - Turn to your **right**. Wait for your symptoms to go away plus 10 seconds.

Do \_\_\_ repetitions per session. Do \_\_\_ sessions per 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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