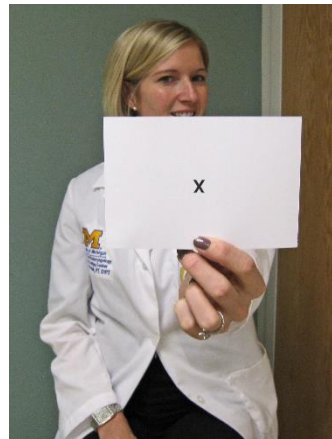


Vestibular Rehabilitation

Gaze Stabilization Exercise VORx1

- Do this exercise while holding a target “X” at arm’s length away and/or taped to the wall, eye level at 5 feet.
- Follow this exercise progression as you are able to safely:
 - Sitting in a chair
 - Standing (on firm surface progressing to pillow)
 - Marching in place
 - Walking in a hallway
- Move your head as follows in a **small range** of motion while keeping your eyes focused on the letter:
 - Side to side, like you’re shaking your head to say “No”
 - Up and Down, like you’re nodding your head “Yes”
- Move your head as fast as possible while keeping the letter **steady** and in **focus**.
- Do this exercise for 1-2 minutes (at each distance). Stop sooner if your symptoms reach a 6 out of 10 level of dizziness.
- Rest until your dizziness returns to baseline level plus 30 seconds.
- Perform 1 repetition each.
- Repeat 3 / 4 / 5 times per day.



Research shows that doing this exercise for 12 minutes/day in acute cases (less than 3 months) and 20 minutes/day in chronic cases (greater than 3 months) helps improve your ability to focus your eyes when your head is moving.

Doing your exercises as recommended leads to **positive** results!

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.