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:
  o Sitting in a chair
  o Standing (on firm surface progressing to pillow)
  o Marching in place
  o 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!