

# EXERCISES TO IMPROVE BALANCE FOR VERTIGO

## EXERCISES I



No. of times / day : \_\_\_\_\_

**Instruction :** During all exercises, stand with a chair in front of you and a wall behind you. If you begin to fall, you may use them for support.

### A. Marching in place exercise

1. Stand with your feet slightly apart (as you normally stand) and arms at your side.
2. March in place, lifting your knees high toward the ceiling.
3. Do this 20 times. Try to progress to doing this 30 times and then with your eyes closed.

### B. Standing sway exercises

Stand with your feet shoulder-width apart and arms at your side.

#### i. Forward-to-back exercise :

1. Gently sway (lean) forward and then backward so that your weight shifts to your toes and then to your heels. Do not lift your toes or heels. Be sure that your shoulders and hips move together. Do not bend at your hips.



2. Slowly increase how far you can sway forward and backward without taking a step.

#### ii. Left-to-right exercise :

1. Gently sway (lean) to the left and right so that your weight shifts from your left foot to your right foot. Do not lift your toes or heels. Be sure that your shoulders and hips move together. Do not bend at your hips.
2. Slowly increase how far you can sway left and right without taking a step.

Try to progress to doing these exercises 30 times and then with your eyes closed.

### C. Romberg exercise

1. Put your feet together and your arms to your side.
2. Hold this position for 30 seconds. Try to progress to doing it with your eyes closed.



## EXERCISES II

For all following exercises hold the card 12 - 18 inches in front of your eyes, focus on the letters on the card.

### A. Gaze Stabilization

Keeping the card still and your eyes focused on the letters on the card, slowly move your head back and forth (horizontally), left and right.



### B. Times One Viewing Target In Phase With Head



1. Slowly move the card left and right (horizontally), keeping your eyes focused on the letters on the target, and moving your entire upper body to go a full 180 degrees.
2. Change hands, if necessary, to keep the card in view at all times.
3. Move the entire upper body (not just your head) to maintain a focus on the letters of the card.

### C. Times Two Viewing Target in Phase with Head



1. Slowly move the card left and right (horizontally), keeping your eyes focused on the letters on the target.
2. Move your head in the opposite direction of the card movement.
3. When the card is moved to the left, move your head to the right.
4. When the card is moved to the right, move your head to the left.

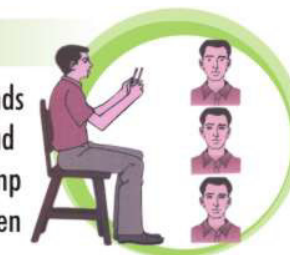
### D. Smooth Pursuit/ Tracking

1. Slowly move the card back and forth (horizontally), left and right in front of your eyes.
2. Change hands if necessary, to keep the card in view at all times.
3. Keep your head still and focus on the letters of the card, moving only your eyes.



### E. Saccade Eye Movements

1. Hold two target cards in two hands
2. Keeping the cards and your head still, moving only your eyes, jump your eyes back and forth between the two cards.
3. Take about one second per card and find a specific letter on which to focus on each card.
4. Spell out words or sentences to vary the exercise.



### Examples Of Eye Movements For Ocular Motor Exercises



Do not move your head so fast that the letters become blurred or out of focus!