

## Vestibular Rehabilitation Exercises – Level 1

### General Information for Eye Exercises

- Target must remain in focus, not blurry, and appear stationary while head is in motion.
- Speed of eye movement should be increased as long as the target stays in focus.
- If you use glasses, wear them while performing exercises.
- These exercises may provoke symptoms of dizziness or nausea. Work through these symptoms. If too dizzy, slow eye movement down slightly. Rest between each exercise.

### Eye exercises

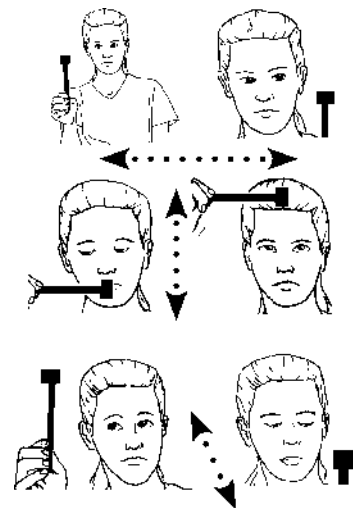
#### 1. Oculomotor: Smooth pursuits

Holding a single target, keep eyes fixed on target.  
Slowly move it side-to-side/up-down/diagonally  
while head stays still.

Perform in \_\_\_\_\_ position.

Move \_\_\_\_\_ seconds each direction.

Repeat \_\_\_\_\_ times per session. Do \_\_\_\_\_ sessions per day.



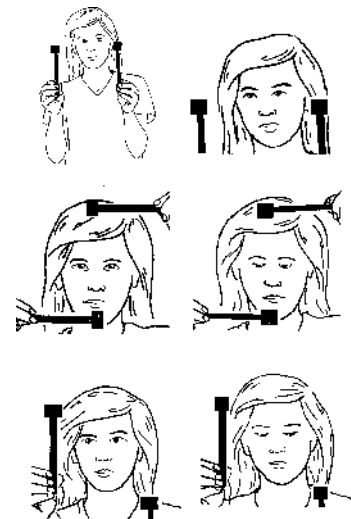
#### 2. Oculomotor: Saccades

Holding two stationary targets placed inches apart  
side-to-side/up-down/diagonally, move eyes quickly  
from target to target as head stays still.

Move \_\_\_\_\_ seconds each direction.

Perform in \_\_\_\_\_ position.

Repeat \_\_\_\_\_ times per session. Do \_\_\_\_\_ sessions per day.



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## Head exercises / Gaze stabilization

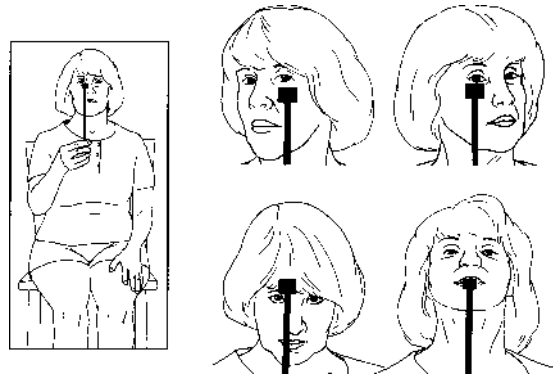
- Target must remain in focus, not blurry, and appear stationary while head is in motion
- Perform exercise with little head movement (45° to either side of midline).
- Speed of head movement should be increased as long as the target stays in focus.
- If you use glasses, wear them while performing exercises.
- These exercises may provoke symptoms of dizziness or nausea. Work through these symptoms. If too dizzy, slow eye movement down slightly. Rest between each exercise.
- Exercises demand concentration; avoid distractions.
- For safety, standing exercises must be performed close to a counter or next to someone.

### 3. Gaze stabilization: Sitting

Keep eyes fixed on single stationary target held in hand or placed on wall \_\_\_\_\_ feet away and move head side to side for \_\_\_\_\_ seconds. Repeat while moving head up and down for \_\_\_\_\_ seconds.

Do \_\_\_\_\_ sessions per day.

**q** Repeat using full field stimulus \_\_\_\_\_ .

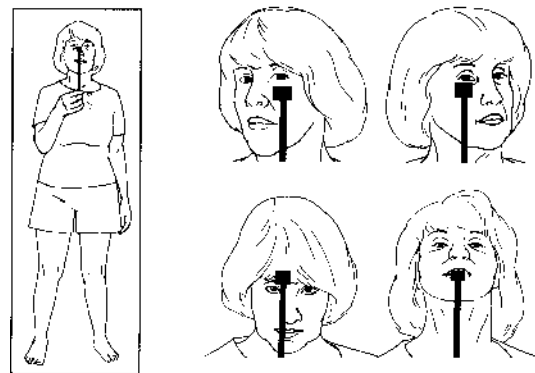


### 4. Gaze stabilization: Standing feet apart

Keep eyes fixed on single stationary target held in hand or placed on wall \_\_\_\_\_ feet away and move head side to side for \_\_\_\_\_ seconds. Repeat while moving head up and down for \_\_\_\_\_ seconds.

Do \_\_\_\_\_ sessions per day.

**q** Repeat using full field stimulus \_\_\_\_\_ .



### 5. Visuo-vestibular: Head/eyes moving in same direction

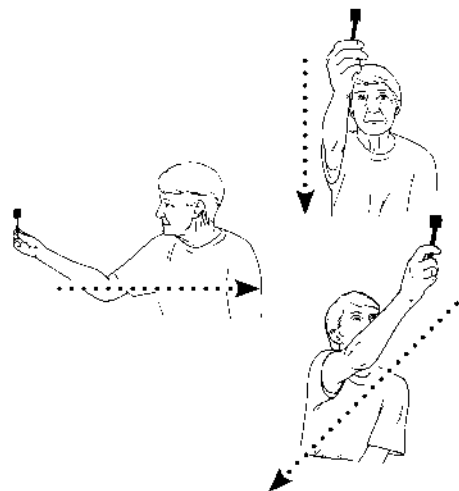
Holding a single target, keep eyes fixed on target. Slowly move target, head and eyes in same direction up-down/side to side/diagonally for \_\_\_\_\_ seconds each direction.

Perform in \_\_\_\_\_ position.

Repeat \_\_\_\_\_ times per session.

Do \_\_\_\_\_ sessions per day.

**q** Repeat using full field stimulus \_\_\_\_\_ .



*Continued*

**6. Visuo-vestibular: Head/eyes moving in opposite direction**

Holding a single target, keep eyes fixed on target. Slowly move target up-down/side to side/diagonally while moving head in opposite direction of target for \_\_\_\_\_ seconds each direction.

Perform in \_\_\_\_\_ position.

Repeat \_\_\_\_\_ times per session.

Do \_\_\_\_\_ sessions per day.

**q** Repeat using full field stimulus \_\_\_\_\_.

