

## 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

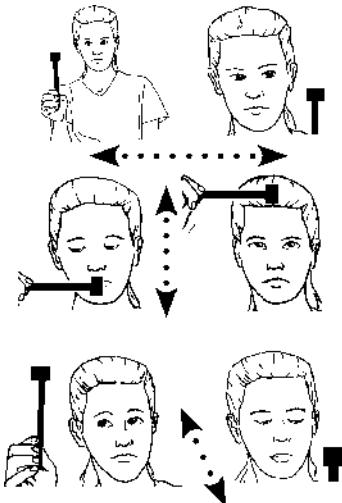
##### 1. Oculomotor: Smooth pursuits

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.



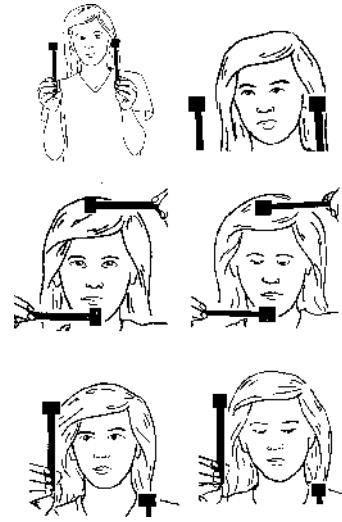
##### 2. Oculomotor: Saccades

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.



## Head exercises / Gaze stabilization

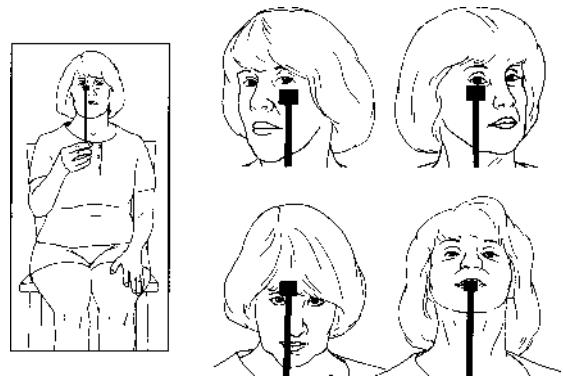
- Target must remain in focus, not blurry, and appear stationary while head is in motion
- Perform exercise with little head movement (45° to either side of midline).
- Speed of head movement should be increased as long as the target stays in focus.
- If you use glasses, wear them while performing exercises.
- 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 \_\_\_\_\_ .

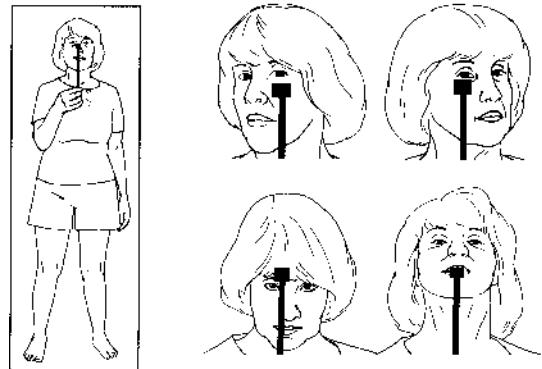


### 4. Gaze stabilization: Standing feet apart

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

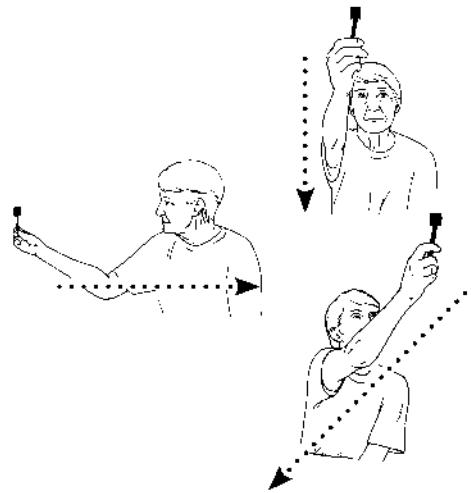
Holding a single target, keep eyes fixed on target. Slowly move target, head and eyes in same direction up-down/side to side/diagonally for \_\_\_\_\_ seconds each direction.

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

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

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

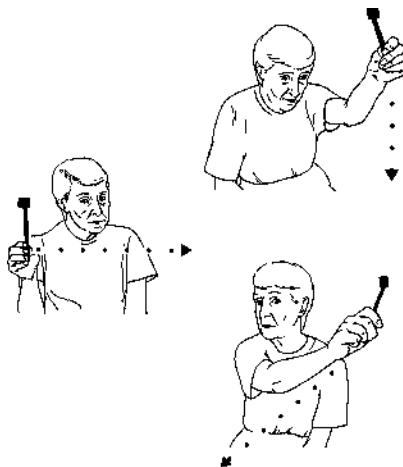
q Repeat using full field stimulus \_\_\_\_\_ .



*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 \_\_\_\_\_.

*The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider. Contact your health care provider if you believe you have a health problem.*