



ENTCARE

BALANCE & ALLERGY CLINIC

www.drgirishentcare.in

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VESTIBULAR REHABILITATION EXERCISES – 1

Eye & Gaze Stabilization Exercises

Exercises to improve visual stability, reduce dizziness and improve balance

1 Eye movements – Left and Right



- Look to the left as far as comfortable.
- Look to the right as far as comfortable.
- Keep your head still.
- Repeat 10 times, 2–3 sets.



Repeat: 10 times (each side)

Sets: 2–3 times daily

2 Eye movements – Up and Down



- Look up as far as comfortable.
- Look down as far as comfortable.
- Keep your head still.
- Repeat 10 times, 2–3 sets.



Repeat: 10 times (each direction)

Sets: 2–3 times daily

3 Focus on a moving target



- Hold a pen or your finger in front of you at eye level.
- Keep your eyes focused on the target.
- Slowly move it towards your nose and then away.
- Repeat 10 times, 2–3 sets.



Repeat: 10 times

Sets: 2–3 times daily



SAFETY TIPS

- Do the exercises in a safe place, preferably sitting.
- Mild, brief dizziness during exercise can occur.
- Stop if symptoms are severe or unusual and contact your doctor.



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VESTIBULAR REHABILITATION EXERCISES – 2

Head Movement and Habituation Exercises

Helps your brain adapt to movement, reduces dizziness and improves balance

4 Head turning – Left and Right



- Turn your head slowly to the left as far as comfortable.
- Turn your head slowly to the right as far as comfortable.
- Keep your eyes open and look straight ahead.
- Repeat 10 times, 2–3 sets.



Repeat: 10 times (each side)
Sets: 2–3 times daily

5 Head nodding – Up and Down



- Nod your head up as far as comfortable.
- Nod your head down as far as comfortable.
- Keep your eyes open and look straight ahead.
- Repeat 10 times, 2–3 sets.



Repeat: 10 times (each direction)
Sets: 2–3 times daily

6 Bend forward and return



- Start in a standing position.
- Bend forward slowly, looking towards the floor.
- Return slowly to the upright position.
- Repeat 10 times, 2–3 sets.



Repeat: 10 times
Sets: 2–3 times daily

7 Sit to lie down to sit



- Sit on the edge of a bed.
- Lie down slowly with your head on the pillow.
- Stay for a few seconds.
- Sit up slowly.
- Repeat 5–10 times, 2–3 sets.



Repeat: 5–10 times
Sets: 2–3 times daily

8 Habituation exercises (example)

Repeat movements that usually bring on mild dizziness, in a controlled way, to help your brain get used to them.



Look left and right quickly



Look up and down quickly



Bend and pick up an object



Turn around in place



Look over your shoulder (both sides)

- Choose 2–3 movements that usually bring on your dizziness.
- Do them slowly at first, then gradually increase speed.
- Repeat each movement 5–10 times, 2–3 sets, once or twice daily.



SAFETY TIPS

- Do the exercises in a safe place, preferably with support if needed.
- Mild, brief dizziness during exercise can occur.
- Stop if symptoms are severe or unusual and contact your doctor.



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VESTIBULAR REHABILITATION EXERCISES – 3

Balance and Walking Exercises

To improve balance, reduce dizziness and build confidence in daily activities

9 Standing balance – Feet together



- Stand with your feet together.
- Keep your body relaxed and upright.
- Keep your arms by your side.
- Try with eyes open first.
- Then try with eyes closed.
- Hold for 20–30 seconds.
- Repeat 3 times.



Hold: 20–30 seconds
Sets: 3 times daily

10 Standing balance – One leg



- Stand on one leg.
- Keep your body upright and look straight ahead.
- Try with eyes open first.
- Then try with eyes closed (only if safe).
- Hold for 10–20 seconds each leg.
- Repeat 3 times.



Hold: 10–20 seconds (each leg)
Sets: 3 times daily

11 Walking with head turns



- Walk in a straight line at a comfortable pace.
- Slowly turn your head to the left and then to the right while walking.
- Keep your balance and maintain a steady pace.
- Repeat for 5–10 meters, 3–5 times.



Distance: 5–10 meters
Sets: 3–5 times daily

12 Walking with head up and down



- Walk in a straight line at a comfortable pace.
- Slowly look up and then look down while walking.
- Keep your balance and maintain a steady pace.
- Repeat for 5–10 meters, 3–5 times.



Distance: 5–10 meters
Sets: 3–5 times daily



SAFETY TIPS

- Do the exercises in a safe place, preferably with support if needed.
- Mild, brief dizziness during exercise can occur.
- Stop if symptoms are severe or unusual and contact your doctor.





VESTIBULAR REHABILITATION EXERCISES – 4

Advanced Balance and Functional Exercises

To improve stability, build confidence and help you return to daily activities

13 Stand on a soft surface



Eyes open



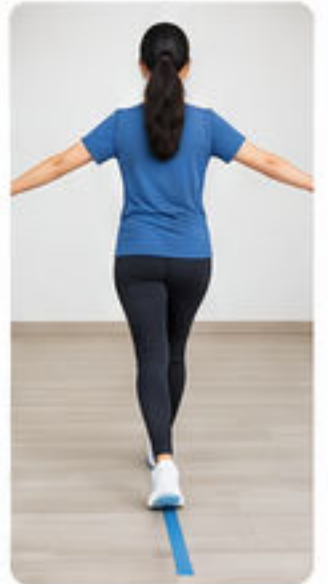
Eyes closed

- Stand on a soft surface (such as a cushion).
- Keep your body upright and relaxed.
- Try with eyes open first.
- Then try with eyes closed (if safe).
- Hold for 20–30 seconds.
- Repeat 3 times.



Hold: 20–30 seconds
Sets: 3 times daily

14 Tandem walking (heel to toe)



- Walk in a straight line placing one foot directly in front of the other (heel to toe).
- Keep your arms out to the side for balance.
- Look straight ahead.
- Walk for 5–10 meters.
- Repeat 3–5 times.



Distance: 5–10 meters
Sets: 3–5 times daily

15 Step up and down



- Use a low step or stair (with support if needed).
- Step up slowly with one leg.
- Bring the other leg up.
- Step down slowly.
- Repeat 10 times each leg, 2–3 sets.

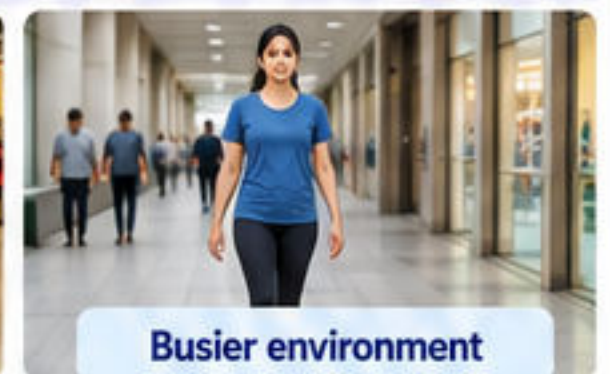


Repeat: 10 times (each leg)
Sets: 2–3 times daily

16 Walking in different environments



Indoors (well lit)



Busier environment



Outdoors (uneven path)



Stairs (with support if needed)

- Practice walking in different environments such as home, outside, busy areas or on stairs.
- Start in an easy environment and gradually make it more challenging.
- Keep your pace comfortable and focus on your balance.
- Practice for 5–10 minutes daily.



SAFETY TIPS

- Do the exercises in a safe place, preferably with support if needed.
- Mild, brief dizziness during exercise can occur.
- Stop if symptoms are severe or unusual and contact your doctor.

