

## VESTIBULAR HABITUATING EXERCISES

Start this series twice daily. If you are able to complete it all, that is fine.

If you have a back problem, you may wish to alter the schedule some.

If dizziness occurs during any step of the procedure, stay in that position until the dizziness subsides and then resume the exercise.

1. Go from sitting position to flat on your back. Repeat 5 times.
2. Go from flat on your back to your left side. Repeat 5 times.
3. Go from your left side to your right side. Repeat 5 times.
4. Go from flat on your back to a sitting position. Repeat 5 times.
5. From a standing position, turn body to right. Repeat 5 times.
6. From a standing position, turn body to left. Repeat 5 times.
7. From a sitting position, touch nose to left knee. Repeat 5 times.
8. From a sitting position, touch nose to right knee. Repeat 5 times.
9. From a sitting position, turn head to left. Repeat 5 times.
10. From a sitting position, turn head to right. Repeat 5 times.
11. From a sitting position, bend forward. Repeat 5 times.
12. From a sitting position, stand up straight. Repeat 5 times.
13. From a sitting position, move head up and down. Repeat 5 times.
14. Sitting on side of bed, turn head to right and lie down quickly. Repeat 5 times.
15. Sitting on side of bed, turn head to left and lie down quickly. Repeat 5 times.
16. Sitting on side of bed, lie down quickly (head hanging over side of bed). Repeat 5 times.