

Vestibular Habituation Exercises

These exercises are for patients with dizziness and sensitivity to motion despite maneuvers such as the Epley and Semont and are designed to teach the brain and body to ignore or “tune-out” uncomfortable dizziness. Please note that it is common to feel slightly dizzy especially when beginning the series of exercises, if this occurs during any step, stay in that position until the dizziness subsides, then resume exercises. Dizziness and sensitivity to motion should decrease after repetitive exercise.

If symptoms worsen or do not improve after a few weeks, please call our office.

Perform this series of exercises twice a day:

1. Go from a 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 you 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 -- repeat 5 times.
15. Sitting on side of bed, turn head to right and lie down quickly -- repeat 5 times.
16. Sitting on side of bed, turn head to left and lie down quickly -- repeat 5 times.
17. Sitting on side of bed, lie down quickly (head hanging over side of bed) -- repeat 5 times.