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## Vertigo Exercises Information:

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These exercises are designed to help make vertigo more manageable. Practice 2-3 exercises for at least 5 minutes every day and you can build up your tolerance to vertigo while it lasts.

### Exercises in Bed:

Eye movements first slowly and then rapidly.

- 1.) up and down
- 2.) side to side
- 3.) focussing on your finger as it moves from 3 feet away to close to your nose.

Head Movements first slowly and then rapidly. Initially with eyes open and later with eyes closed.

- 4.) bending forwards and backwards
- 5.) turning from side to side.

### Sitting Exercises:

- 6.) Shoulder shrugging
- 7.) Bending forwards and picking up objects from floor
- 8.) Sitting down and standing up with eyes open and closed.

### Standing Exercises:

- 9.) Throwing a small ball from hand to hand.
- 10.) Throwing the ball from hand to hand under your knee
- 11.) Sitting down and standing up, then turning around 360 degrees

### Exercises for Moving about:

- 12.) Circle around a person who throws a large ball to you.
- 13.) Walk across the room first with eyes open and then with eyes closed.
- 14.) Walk up and down a slope with eyes open and then with eyes closed
- 15.) Walk up and down stairs with eyes open and eyes closed.
- 16.) Any game with bending, stretching and aiming. Skittles, bowling, basketball

