

**Vestibular Rehabilitation Home Exercise Program**

**Complete the following exercises while sitting.**

1. Sit still with vision occluded for \_\_\_\_ seconds/ minute(s).

2. Repeat #1 with rotating head to the right and then to the left.

Complete 2 full head rotations per second, for \_\_\_\_ seconds/ minute(s).

**Complete the following exercises while standing. Make sure you stand next to a supportive surface in the event of a loss of balance.**

1. Stand with vision occluded for \_\_\_\_ seconds/ minute(s).

2. Repeat #1 with rotating head to the right and then to the left

Complete 2 full head rotations per second, for \_\_\_\_ seconds/ minute(s).

3. Stand with one foot in front of the other, making sure the heel of the front foot touches the toe of the back foot (tandem stance), with vision occluded for \_\_\_\_ seconds.

Complete \_\_\_\_ repetitions.

4. Repeat #2 with rotating head to the right and then to the left.

Complete 2 full head rotations per second for \_\_\_\_ seconds/ minute(s).

**Complete the following exercises while standing on one foot. Make sure you stand next to a supportive surface in the event of a loss of balance.**

1. Stand on one leg for \_\_\_\_ seconds/ minute(s).

Complete \_\_\_\_ repetitions for each leg.

2. Repeat #1 with vision occluded for \_\_\_\_ seconds/ minute(s).

Complete \_\_\_\_ repetitions for each leg.

3. Repeat #2 with rotating head to the right and then to the left.

Complete 2 full head rotations per second for \_\_\_\_ seconds/ minute(s).

**Complete the following exercises while standing. Make sure you stand next to a supportive surface in the event of a loss of balance.**

1. March in place with vision occluded for \_\_\_\_ seconds/ minute(s).

Complete \_\_\_\_ repetitions.

2. Repeat #1 with rotating head to the right and then to the left.

Complete 2 full head rotations per second for \_\_\_\_ seconds/ minute(s).

**Complete the following exercises while standing. Make sure you stand next to a supportive surface in the event of a loss of balance.**

1. With one leg, step out heel to toe, **alternating** legs.

Do this \_\_\_\_ times each leg.

2. Repeat #1 with vision occluded.

Do this \_\_\_\_ times each leg.

3. With eyes open, do a forward lunge making sure you move both forward and down with this motion.

Do this \_\_\_\_ times each leg.

**Complete the following exercise in an area that is clear of any obstacles and next to a supportive surface in the event of a loss of balance.**

1. Walk with vision occluded, making sure you keep a steady pace and rhythm for \_\_\_\_ seconds/ minute(s).

Complete \_\_\_\_ repetitions.

**Complete the following exercises in sitting**

1. Hold your thumb out in front of you. Looking at your thumb and keeping the thumb very clear, turn your head left and right 15 times. As able, increase the speed at which you turn your head every few days.