

# Exercises for Dizziness and Balance Problems

*Exercises to be carried out for 15 minutes 2 times daily, increasing to 30 minutes.*

*Dizziness is expected when first beginning the exercises.*

## **Eye Exercises (do each 20 times):**

1. Look up, then down. At first slowly, then quickly.
2. Look from one side to the other. At first slowly, then quickly.
3. Focus on your finger at arm's length. Move finger one foot closer and back again.

## **Head Exercises (do each 20 times):**

1. With your eyes open, bend your head forward then backward. At first slowly, then quickly.
2. Turn your head from one side to the other side. At first slowly, then quickly.
3. As dizziness decreases, do these exercises with your eyes closed.

## **Sitting (do each 20 times):**

1. While sitting, shrug your shoulders.
2. Turn your shoulders to the right, then left.
3. Bend forward, pick up an object from the ground, and sit up.

## **Standing (do each 20 times):**

1. Change from sitting to standing and back again with your eyes open. Repeat with eyes closed.
2. Throw a small rubber ball from hand to hand above eye level.
3. Throw ball from hand to hand under one knee.

## **Moving About (do each 10 times):**

1. Walk across the room with your eyes open, then eyes closed.
2. Walk up and down a slope with your eyes open, then eyes closed.
3. Walk up and down steps with your eyes open, then eyes closed.