

Vestibular Exercises



Brandt-Daroff Exercise

Sit on the edge of the bed and turn your head 45 degrees to one side.



Quickly lie down on your opposite side (to the left if you turned your head to the right, and vice versa) so that the back of your head behind your ear touches the bed.



Hold this position for about 30 seconds or until the dizziness symptoms stop.

Return to the sitting position.



Repeat steps 1-4 on the other side.

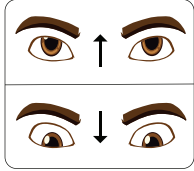


- You should repeat these steps three times for each side.
- You should do the exercises two to three times a day for two weeks.
- These exercises are likely to make you feel dizzy whilst you perform them, but it is important to persevere in order to feel benefit.

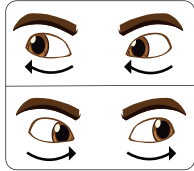
Cawthorne-Cooksey Exercises

Eye Movements Exercises:

Up and down first slowly then quickly, repeat it 20 times



From side to side first slowly then quickly, repeat it 20 times



Focusing on finger moving from 30 cm to 20 cm away from face



Head Movements Exercises:

Do this first with your eyes open then with your eyes closed.

Bending forwards and backwards first slowly then quickly, repeat it 20 times



Turning from side to side first slowly then quickly, repeat it 20 times



Sitting Exercises:

Shrug and circle shoulders,
repeat it 20 times



Bend forward and pick up
ball from the ground, repeat
it 20 times



Bend side to side and pick
up ball from the ground,
repeat it 20 times

