WICHITA EAR CLINIC

Vestibular Rehabilitation Therapy

Balance Rehabilitation

For many, compensation occurs naturally over time, but for those whose symptoms do not reduce and continue to have difficulty, VRT can assist in recovery by promoting compensation.

VRT is also of significant benefit for fall prevention in those who may suffer from multiple sensory and motor impairments or those who have sensory disruption with moving visual information.

VRT can sometimes be tedious; however, committing to doing the exercises is key to helping you achieve success. Setting up a regular schedule so that you can incorporate them into your day is very important.

These exercises may, at first, make your symptoms worse. But with time and consistent work, your symptoms should steadily improve, and then, you will find that you are able to participate more in the activities of your daily life.

It is very important to move your head and eyes together in every exercise. Even when your eyes are closed, you need to imagine your eyes are moving with head movements.

When your eyes are closed, you may feel more off balance. For this reason, it is best to sit in a chair with handles or a couch to prevent falls. You may start with very slow head movements and pick up the pace as you feel more comfortable. The most important thing is moving the head and eyes together.
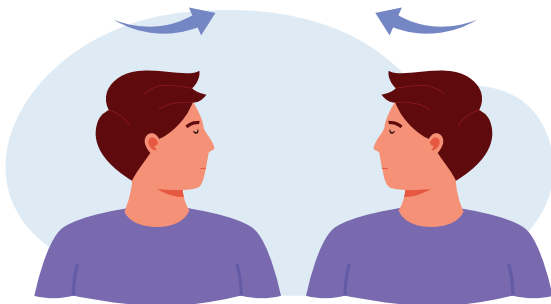
are "hear" for you!

WICHITA EAR CLINIC
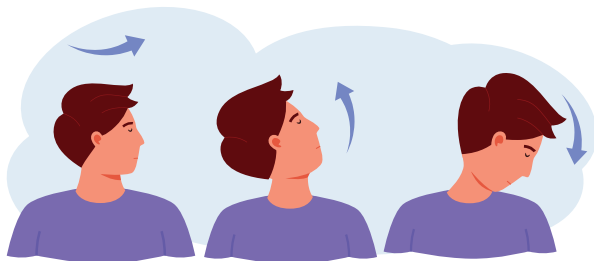
Rehabilitation Exercises

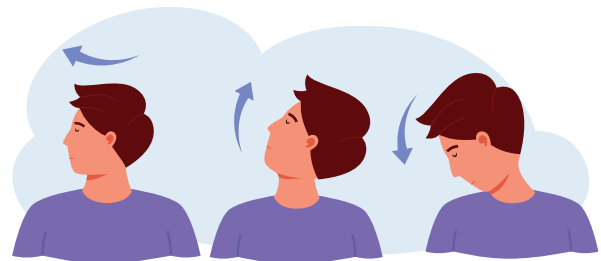**Eyes open** (repeat 10 times) | **Eyes closed** (repeat 10 times)

Rotate head left-right

Nod head up-down

Nod head up-down with head turned right

Nod head up-down with head turned left

Additional Exercises

1. Bend forward and pick up objects from floor
2. Throw a small rubber ball from hand to hand above eye level
3. Throw a ball from hand to hand under one knee
4. Focus on finger held at arm's length, moving finger toward eyes and back again 12 times
5. Move head diagonally — first from up/right to down/left, then the reverse

are "hear" for you!