

# Vestibular Rehabilitation Exercises: Quick Guide

Information for patients and carers

## Hearing Services

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### Information

Vestibular rehabilitation exercises are known to be the most effective way of treating dizziness which has been caused by a problem with the balance organs. They aim to enable you to undertake movements that may have previously caused you to feel dizzy.

It is important to undertake these exercises at least twice a day and in time you should hopefully notice that you are feeling less dizzy or imbalanced.

It is normal for the exercise to make you feel dizzy or imbalanced and when the exercise no longer causes you to feel dizzy or imbalanced you should increase the difficulty of the exercise to further aid your recovery.

You should complete these exercises in a safe environment and with someone nearby for support if possible. If you experience any neck or back pain, any changes in vision or numbness sensations then please discontinue the exercises.

### Vestibular Rehabilitation Exercises

For the following exercises you will need a target to use such as a letter on a business card or you can cut out the letter "X" at the end of this leaflet.

Whilst sitting down complete the following each for 20 turns of the head:

- Hold the target at arm's length and maintain focus on it whilst you turn your head from side to side as quickly as is comfortable.
- Hold the target at arm's length and maintain focus on it whilst you nod your head up and down as quickly as is comfortable.
- Hold the target at arm's length and maintain focus on it whilst you turn your head from side to side as quickly as is comfortable whilst at the same time you move the target in the opposite direction.
- Hold the target at arm's length and maintain focus on it whilst you nod your head up and down as quickly as is comfortable whilst at the same time you move the target in the opposite direction.

### Need to make the exercises harder:

- Try faster movements, standing rather than sitting
- Attach your target to a busy background like patterned gift wrap

**For these next exercises you do not need to use a target. Whilst sitting down complete the following each for 20 moves of the head:**

- With your eyes open move your head side to side as quickly as you comfortably can
- With your eyes closed move your head side to side as quickly as you comfortably can
- If too easy try standing and completing

Walk across a large room or hallway, (or if safe on a level path outside) and change the speed of your steps every few strides. Turn at the end and walk back. Repeat 5 times.

Walk across a large room or hallway at a steady comfortable speed, turn your head every few steps to look from side to side. Turn at the end and walk back. Repeat 5 times, increase the speed of head turns as it becomes easier.

**Vestibular rehabilitation can be affected by:**

- Stress
- Tiredness
- Illness

If you feel these issues maybe affecting your progress then you may need to take a rest from undertaking the exercises and restart them when you are feeling more able to do so. However, it is important that you undertake the exercises at a level which provokes some dizziness or imbalance so that your recovery can start again.

If you are experiencing a day where your balance symptoms are particularly bad then you can choose too:

- Undertake slower movements
- Sit down to complete exercises
- Make eye movements instead of head movements

## Contact Details

### Hearing Services Department

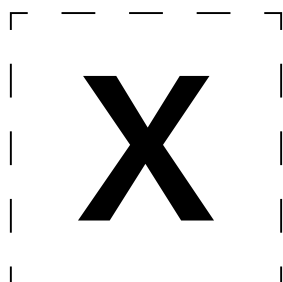
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