

VESTIBULAR REHABILITATION INSTRUCTIONS

1. STOP STEMETIL
2. Things will probably get worse before they get better.
3. Do the following exercises, ten times each, sitting down in a safe place, to the limits of your ability, three times a day.
4. Wear as thin a sole shoes as possible.

Eye Movement Exercises

- With your head still, look up and then look down
- With your head still, look from side to side, left and right

Head Movement Exercises

- Move your head up and down with your eyes open
- Move your head up and down with your eyes closed
- Move your head from side to side: left to right with your eyes open
- Move your head from side to side: left to right with your eyes closed

Vestibulo-ocular Reflex Re-calibration Exercise

This exercise helps to re-programme and co-ordinate your head-eye movements.

- Hold your thumb at a comfortable distance in front of you and focus clearly on it. With the thumb clearly in focus, move your head from side to side. Do this ten times, three times a day
- As above but hold thumb sideways and move head up and down