

Vertigo Exercises

These exercises are designed to help make vertigo more manageable. Practice 2-3 exercises for at least 5 minutes every day and you can build up your tolerance to vertigo while it lasts.

Exercises while in Bed:

1) Eye movements first slowly and then rapidly.

- Up and down.
- Side to side.
- Focusing on your finger as it moves from 3 feet away to close to your nose.

2) Head Movements first slowly and then rapidly. Initially with eyes open and later with eyes closed.

- Bending forwards and backwards.
- Turning from side to side.

Exercises while Sitting:

- Shoulder shrugging.
- Bending forwards and picking up objects from floor.
- Sitting down and standing up with eyes open and closed.

Exercises while Standing:

- Throwing a small ball from hand to hand.
- Throwing the ball from hand to hand under your knee.
- Sitting down and standing up, then turning around 360 degrees.

Exercises while Moving About:

- Circle around a person who throws a large ball to you.
- Walk across the room first with eyes open and then with eyes closed.
- Walk up and down a slope with eyes open and then with eyes closed.
- Walk up and down stairs with eyes open and eyes closed.
- Any game with bending, stretching and aiming, e.g. Skittles, bowling, and basketball.