

Central Ohio Ear, Nose and Throat, Inc.

Clifton R. Hood, D.O.

J. Paul Burkhart, D.O.

Timothy R. Budnik, D.O.

41 COMMERCE PARK DRIVE
WESTERVILLE, OHIO 43082
(614) 797-3277
TOLL FREE 1-800-865-5562
FAX (614) 794-9136

Otorhinolaryngology
Head And Neck Surgery
Facial Plastic Surgery

6860 PERIMETER DRIVE, UNIT A
DUBLIN, OHIO 43016
(614) 336-3033 • FAX (614) 336-3040

194 ELM STREET
LONDON, OHIO 43140
(740) 852-4519 • FAX (740) 852-4942

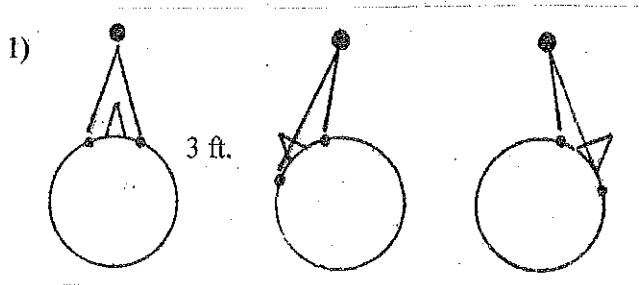
BALANCE TRAINING EXERCISES FOR VESTIBULAR REHABILITATION

Your doctor has determined that you have a balance problem that may improve with a rehabilitative exercise program. In general, during this recovery time, focusing on a distant object while making most head or body movements will be beneficial and make you feel more stable. For instance, in turning your head, first look at the object then move your head towards that object.

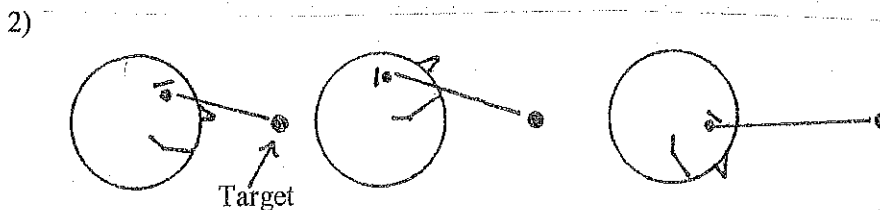
The purpose of this rehabilitative list of exercises is to regain and retrain your HEAD-EYE and HEAD-BODY coordination. Head motion stimulates your balance canals of the inner ear. This, in turn, causes certain reflex movements of the eyes or the body.

NOTE: Perform these exercises 3 times per day. Perform these exercises in an open area with a partner, if possible.

EAR-EYE coordination exercises:

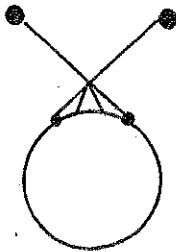


- Continually focus on your target about 3-5 feet away.
- Rotate head right and left about 30 degrees, motion is like saying "no".
- Move head like a metronome movement, head moves right to left once each second.
- Repeat 10-20 times.



- Continually focus on a target about 3-5 feet away.
- Nod head up and down about 30 degrees.
- Motion is like saying “yes”.
- One nod per second.
- Repeat 10-20 times.

3)

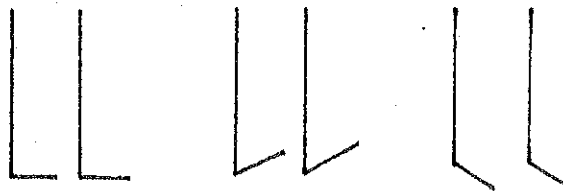
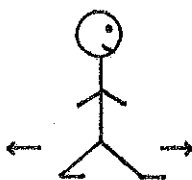


- Look right then left, right then left, focusing each time on an object.
- Keep head still, only moving eyes.
- For this exercise simply move the eyes back and forth each second.
- Repeat 10-20 times.

EAR-BODY coordination exercises.

1)

- Stand on a soft (compressible) surface with your eyes open for 1 minute while shifting your weight from your left leg to your right leg.
- On a flat surface, rock back and forth about the ankle without bending at the hip; eyes open; for 30 seconds.

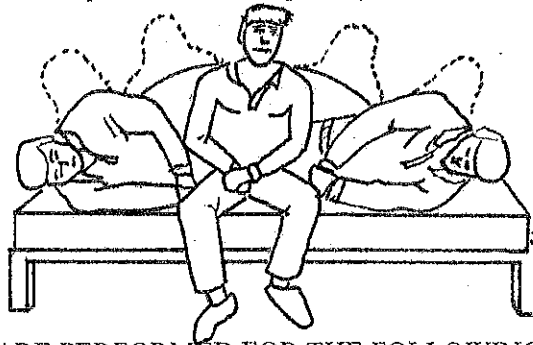


- Stand on a firm surface in a corner with your back to the wall. Stand with your eyes closed for 1 minute.
- In a corner, practice standing on your heels and then on your toes with your eyes open for 30 seconds.

- 2) Practice walking across the room (at least 10 steps):
 - a. On the ball of your foot forward
 - b. On the ball of your foot backward
 - c. On your heels forward
 - d. On your heels backward
 - e. Heel to toe walk forward
 - f. Heel to toe walk backward
- 3) Practice with a bouncing ball:
 - a. Practice bouncing a ball on the floor with your right hand 10 times
 - b. Practice bouncing a ball on the floor with your left hand 10 times
 - c. Practice tossing a ball against the wall, to floor, then catch with both hands 10 times

EXERCISES FOR POSITIONAL DIZZINESS

- Your inner ear balance pathway is believed to be causing your type of dizziness.
- It is believed that you can “fatigue” or “wear out” this type of dizziness by doing this exercise:
 - a. Start with sitting on a bed or couch.
 - b. Turn your head 45 degrees to the opposite side and then lay down quickly to the affected side.
 - c. Stare at a distant object until the dizziness goes away (usually in 30-60 seconds).
 - d. Slowly return to a sitting position. The dizziness may occur upon resuming a sitting position. If so, stare at the same object until the dizziness passes.
 - e. Now repeat this in the opposite direction.
 - f. Repeat the above steps 2-3 times unless the dizziness worsens.
 - g. Perform this entire sequence 2-3 times per day (AM and PM).



THESE EXERCISES ARE PERFORMED FOR THE FOLLOWING REASONS:

1. To loosen up the muscles of the neck and shoulder in order to overcome the body's natural protective action of muscular spasms and the tendency to move “in one place” in persons with this type of dizziness problem.
2. To train movement of the eyes and body independent of the head.
3. Generally, to improve inner ear, brain, spine, and muscle coordination.

5. To practice head movements that cause dizziness and thus gradually overcome the disability.
6. To become accustomed to moving about naturally in daylight as well as in the dark.
7. To encourage the restoration of self-confidence and easy spontaneous movement.