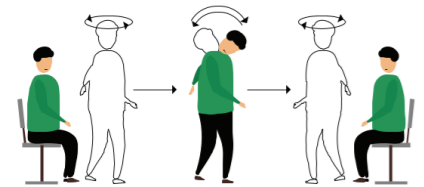
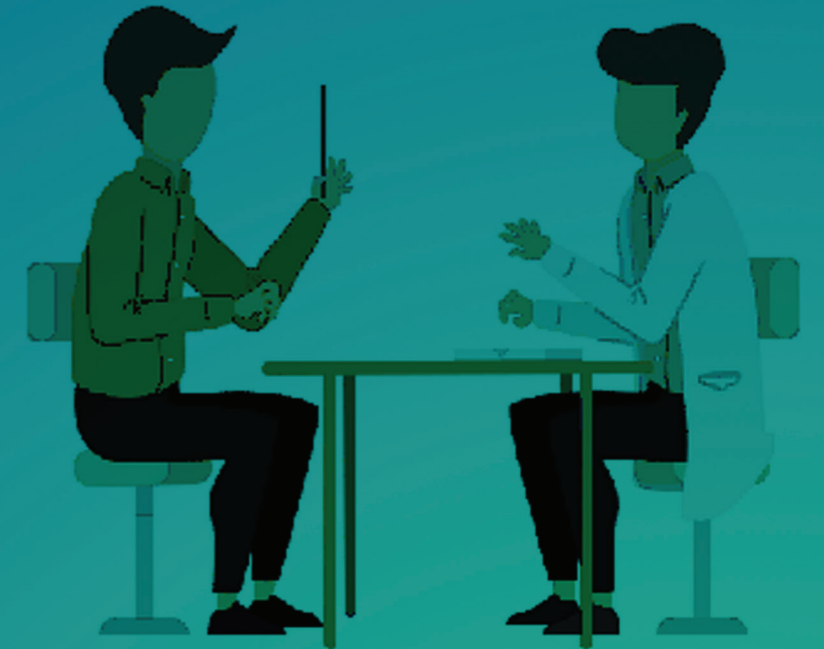


(iii)

- Keep two chair 10 ft apart.
- Get up from 1st chair turn around a full circle and advance to other chair.
- On walking tilt your head up & down and alternately and sit after a turn.



# VESTIBULAR REHABILITATION THERAPY



PLEASE SCAN FOR THE LOCATION

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**HOSPITAL**  
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Mankhool, Kuwait Road, Al Mankhool - Dubai

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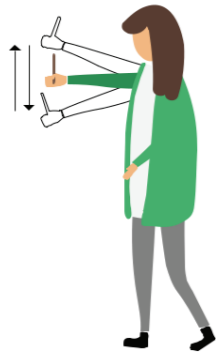


Digital Version

## 1. GAZE STABILIZING VRT EYE MOVEMENT EXERCISE

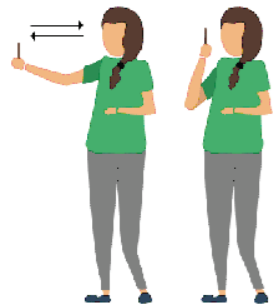
### A) SMOOTH PURSUIT ENHANCEMENT

- Hold a pen at an arm distance in center.
- Move the pen up, down and towards each side and track with eye.
- And bring it to center.
- Hold each position for 5 second.



### B) VERGENCE EXERCISE

- Hold a pen at an arm distance in center.
- Move the pen towards nose to near point till it can be focused. Hold for 5 second.
- Bring it back to arm distance and then again to near point.
- Focus at a distant point for example at a picture or object in the wall.
- Again, focus back at the pen in near point.



### C) SACCADE ENHANCEMENT

- Hold two pens at near point one feet

apart horizontally.

- Focus on each pen alternately in fast.
- Repeat same in vertical direction also.
- Perform it for atleast 1 minutes



### D) VESTIBULAR EYE MOVEMENT EXERCISE

- Hold a pen at an arm distance in center.
- Focus on the pen.
- Move head towards right and then left smoothly while maintaining the focus.
- Do the same for atleast 1 minutes.



### E) IMAGERY PURSUIT



Hold two pens at an arm distance in center one feet apart.

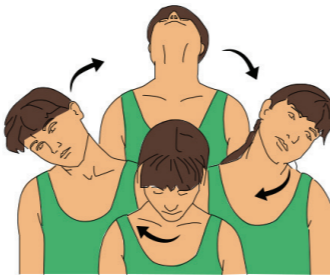
- Look directly at one pen ensuring that your head is aligned with the target.
- Look at the other pen and turn your head to the other target.

- Look directly at a target ensuring that your head is aligned with the target.
- Close your eyes.
- Slowly turn your head away from the target while imagining that you are still looking directly at the target.
- Open your eyes and check to see whether you have been able to keep your eyes on the target.
- If not adjust your gaze on the target.

### F) OPTOKINETIC STIMULUS ENHANCEMENT

- Rotate an optokinetic drum with focus on center
- 1) alternate black and white strips
- 2) Pictures in 3 array top to bottom
- 3) Alphabets in capital & small, numbers 1-9 in 3 array

### HEAD MOVEMENT EXERCISE



- Hold head straight and focus at center.
- Move head up, down and towards each side in four directions.
- Hold each position for 5 second.

### BODY MOVEMENT EXERCISE

#### A) BENDING EXERCISE

- Initially bend down straight and pick an object.
- Repeat on either side.



### B) TURNING EXERCISE

- Keep head straight to begin and turn to one side and back to straight position.
- Keep head straight and turn to other side and back to straight position.



### C) SHOULDER SHRUGGING EXERCISE

- Shrug the shoulders and rotate forwards and then backwards.

### BRANDT-DAROFF EXERCISE

- Start in an upright seated position on the edge of a couch or a bed.
- Tilt your head around 45-degree angle towards left side and then move into the lying position on right side with your nose pointed up.
- Repeat on other side.

### 2. POSTURE STABILIZING VRT

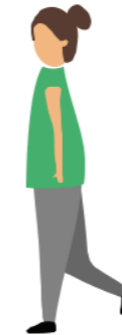
#### A) SWAY EXERCISE

- Stand with wide stance 2 ft between two feet.
- Sway forward till you can hold the stance and try to stay for maximum 30s.
- Repeat backward while standing near wall.
- Repeat on either side.



#### B) MARCHING

- Keep marching at same position for atleast 30s.



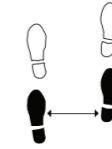
#### C) SINGLE FOOT STANCE

- Try single foot stance as long as possible.

### 3. GAIT STABILIZING VRT

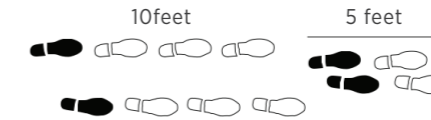
#### A) WIDE GAIT

- Keep wide stance with 2ft between each foot and walk straight 10 ft wide based.



#### B) ALTERNATE WIDE & NARROW GAIT

- Start with wide based gait for 10 ft and then shift to narrow based gait for another 5ft and then again shift over to wide based gait.



#### C) NARROW LONG GAIT

- Walk 10-20 ft narrow based i.e. walk with each foot close to each other in straight.



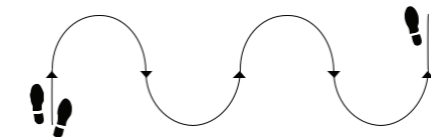
#### D) TANDEM GAIT

- Walk with one foot in front of other for 10-20 ft in straight line.



#### E) CURVED LINES

- Walk in curved lines for atleast 3 curves and progressively increase to 5 curves.



### Frequency, Duration, Follow up of VRT

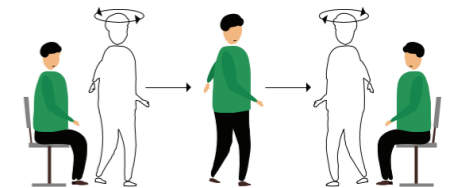
- At least 5 repetitions thrice daily with weekly once follow up initially for 4 weeks
- Then 10 repetitions thrice daily with biweekly follow up for another 4 - 8 weeks
- If needed both gaze & posture + gait, then ideally 20-40 mts for gaze and 20-40 mts for posture + gait

### CAUTIONS

- DO NOT PERFORM THESE EXERCISES WHILE YOU HAVE A VERTIGO OR DIZZINESS ATTACK
- DO NOT PERFORM THESE EXERCISES WITHOUT SUPERVISION
- ALWAYS CONSULT A DOCTOR BEFORE TAKING ANY MEDICINES, WHICH IS NOT PRESCRIBED BY HIM.

### F) TWO TARGET GAIT EXERCISES

- (i)
- Keep two chair 10 ft apart.
  - Get up from 1st chair turn around a full circle and advance to other chair.
  - Turn around a full circle and sit.



- (ii)
- Keep two chair 10 ft apart.
  - Get up from 1st chair turn around a full circle and advance to other chair.
  - On walking tilt your head towards right and left alternately and sit after a turn.