HOME EXERCISE PROGRAM · VESTIBULAR REHABILITATION

Self-Directed Home Program

Key Hearing & Balance · Dr. Leah Keylard, Au.D. · Renton, WA
www.keyhearing.com

PATIENT NAME _____ DIAGNOSIS _____ DATE _____

HOW TO USE THESE EXERCISES

Complete only the exercises prescribed for you, at the frequency noted. If an exercise causes significant dizziness that does not resolve within a few minutes, stop and contact the clinic. For standing exercises, always perform near a wall or with a spotter.

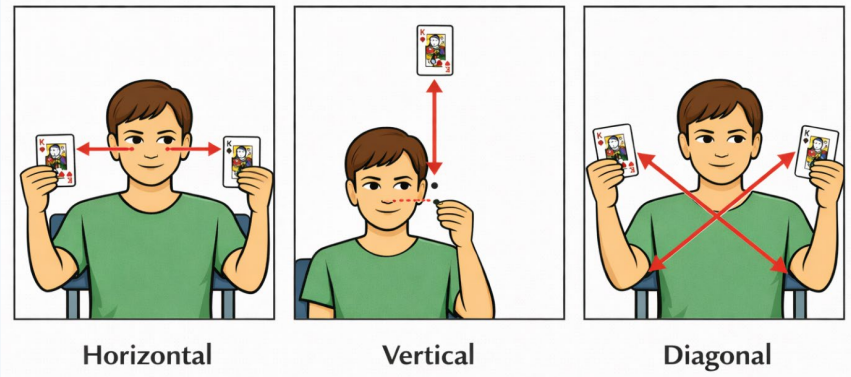
EXERCISES PRESCRIBED: ☐ All ☐ Saccades ☐ Visual Tracking ☐ Targets ☐ Horizontal Head Movements ☐ Head Circles ☐ Focusing While Turning Head ☐ Ankle Sways ☐ Circle Sway ☐ Ball Circles ☐ Gait with Head Movements

01 Saccades *Eye movement*

1. Sit comfortably. Hold a playing card in each hand at eye level, about 18 inches apart.
2. Keep your head still. Move your eyes quickly from one card to the other without stopping in between. Move only your eyes.
3. As you improve, focus on a smaller detail of the card: nose, eyes, or mouth.

15–20 reps · horizontal, vertical, and diagonal

2–3 times daily

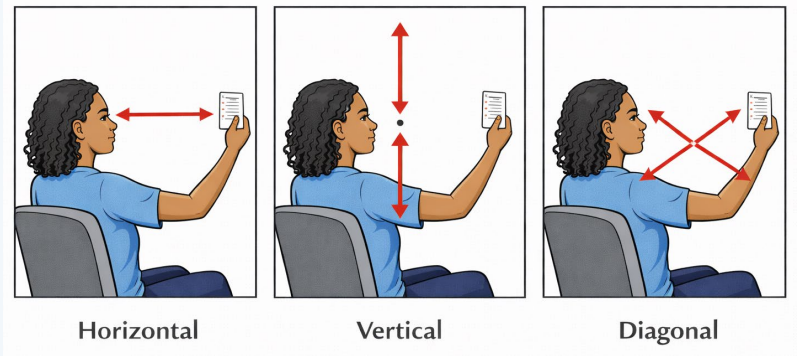


02 Visual Tracking *Eye movement*

1. Sit comfortably. Hold a small index card with words written on it about 12 inches in front of your eyes.
2. Slowly move the card horizontally, then vertically, then diagonally. Keep your head still and follow only with your eyes.
3. To progress: move your arm faster and faster until you can no longer read the words. Keep your head still throughout.

15–20 reps · horizontal, vertical, and diagonal

2–3 times daily



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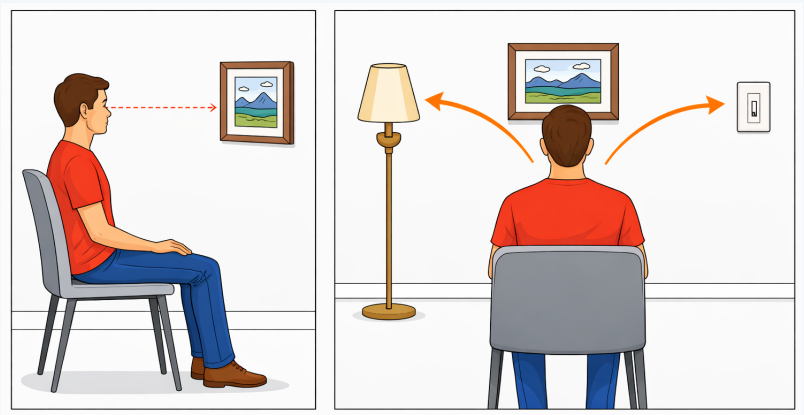
03 Targets *Head movement*

1. Sit comfortably. Choose three targets at eye level: one over your left shoulder, one in front of you, and one over your right shoulder (for example: a lamp, a picture, and a light switch).
2. Turn your head to look at the left target, then center, then right. Repeat 10–15 times without stopping.
3. Repeat 10–15 times, this time pausing 2 seconds at each target.

10–15 reps each set

2–3 times daily

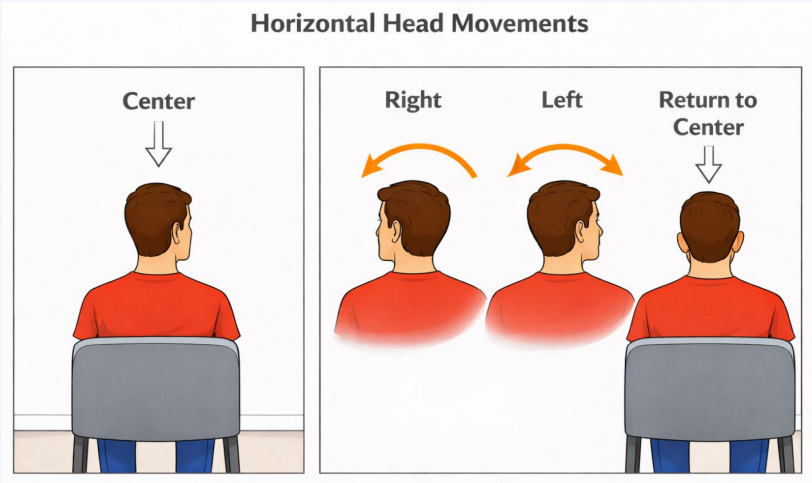


04 Horizontal Head Movements *Head movement*

1. Sit with feet flat on the floor and hands on your thighs. Keep your trunk still throughout.
2. Quickly turn your head right, then left, then return to center. Focus your eyes on an object or target in each direction.
3. Hold center for 5 seconds, pause, then repeat.

10–15 reps

2–3 times daily

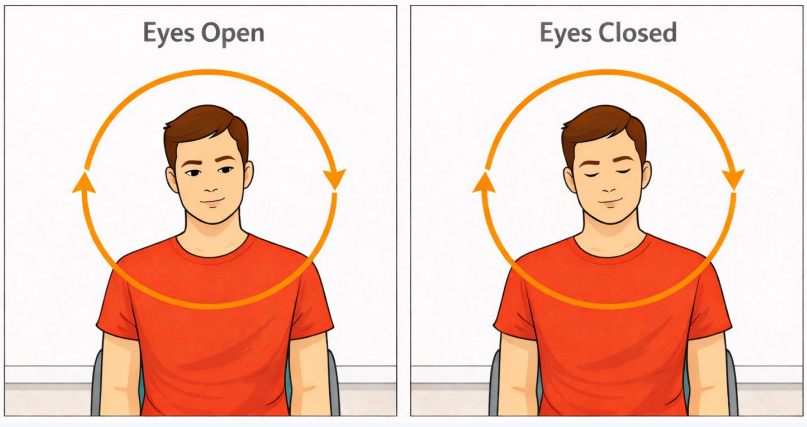


05 Head Circles *Head movement*

1. Sit comfortably. Move your head in a smooth circular motion with your eyes open.
2. Complete 15–20 circles, then close your eyes and repeat.
3. Reverse direction and repeat both with eyes open and eyes closed.

15–20 circles · each direction, eyes open and closed

2–3 times daily



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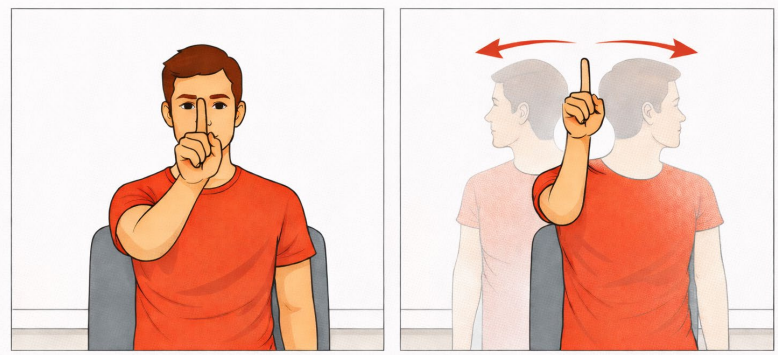
06 Focusing While Turning Head *Gaze stability*

1. Sit comfortably. Hold your index finger about 10 inches in front of your nose.
2. Keep your eyes focused on your fingertip while turning your head from side to side.
3. Gradually increase the speed of head turns while maintaining focus on your finger.

15–20 reps

2–3 times daily

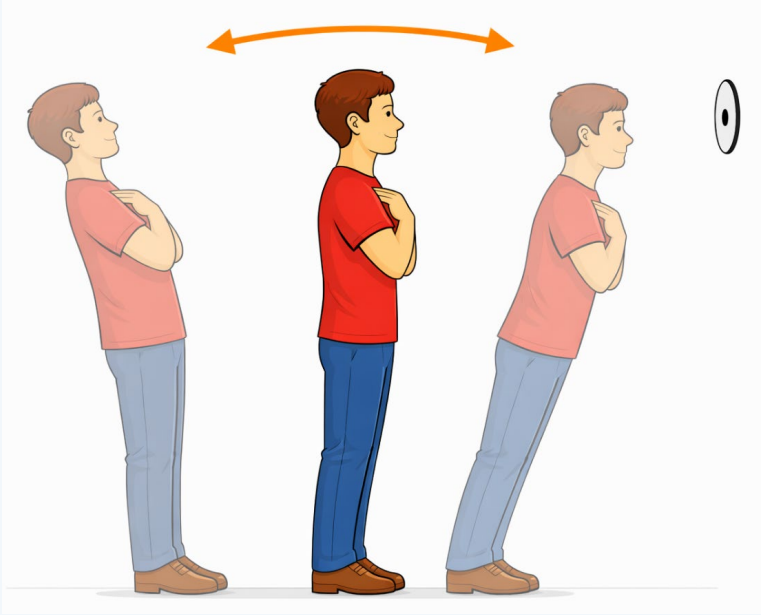


07 Ankle Sways *Balance*

1. Stand with feet shoulder-width apart, arms relaxed at your sides. Close your eyes.
2. Slowly shift your weight forward and backward. Bend only at the ankles, not the hips. Movements should be small.
3. Then shift your weight side to side, right to left. Stand near a wall or have someone spot you from behind.

15–20 reps · forward/back and side to side

2–3 times daily · eyes closed



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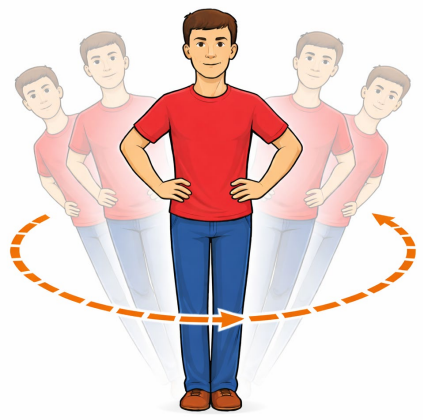
08 Circle Sway *Balance*

1. Stand with feet shoulder-width apart. Breathe deeply and focus on the feeling of your feet on the floor.
2. Sway your body in a circle: forward, right, back, left, and forward again. Look straight ahead. Do not bend at the hips.
3. Start with small circles. Gradually increase your range without stepping. Reverse direction and repeat.

15–20 circles · each direction

2–3 times daily

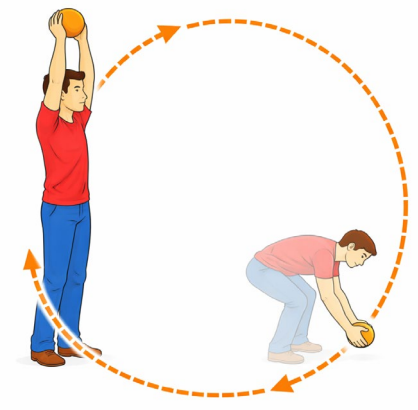


09 Ball Circles *Balance*

1. Stand upright with equal weight on both feet. Hold a ball with both hands, arms straight. Keep your eyes on the ball.
2. Move the ball in a large complete circle: lift it high overhead, sweep low to the ground (bend your knees), and back up. Follow the ball with your head and eyes.
3. If dizziness increases, stop until it passes, then resume. Reverse direction and repeat.

15–20 circles · each direction

2–3 times daily

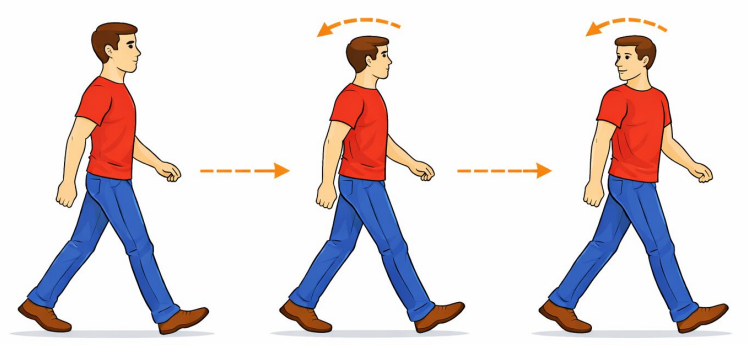


10 Gait with Head Movements *Dynamic balance*

1. Begin walking at a normal pace.
2. After every three steps, turn your head and look to the right while continuing to walk straight ahead.
3. After every three steps, turn your head and look to the left. Continue alternating right and left.

10–15 reps · each direction

2–3 times daily



SAFETY REMINDER

Stop any exercise that causes severe or prolonged dizziness, pain, or nausea. Contact Key Hearing & Balance at (425) 277-9521 with any concerns. Perform all standing and balance exercises near a wall or with a spotter present.

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