

# BALANCE SYSTEM REHABILITATION EXERCISES

Recovering from a severe injury to the balance system requires rehabilitation. The balance system itself does not get better, but rather the dizziness resolves as a result of compensation by other parts of the central nervous system. It may be several months before you are fully recovered. Don't get discouraged. Push yourself and try to extend your limits each day. If at any time you have any questions at all, call (920) 965-4800 or toll free at 866-965-4800.

These exercises are designed to help you get better by providing a series of gentle activities that stimulate the balance system. Do the exercises at least three times each day. The order of the exercises is important: the easier exercises are listed first and the more stimulating tasks are last. Do each exercise at least 10 times before going on to the next. If you get dizzy don't get discouraged. Try to go a little further the next time.

## **In Bed- Laying down** (slow at first, then faster)

- Move eyes up and down
- Move eyes side to side
- Focus on one of your fingers extend your arm (keep focusing on your finger) and move your arm to 6 inches from your face.
- Bend neck forward and backwards (eyes open, eyes closed)
- Turn head from side to side (eyes open, eyes closed)

## **Sitting in a Chair**

- Repeat the exercises listed above
- Shrug shoulders
- Extend arms straight out and move them in circles
- Bend over and pick up a small object from the floor

## **Standing**

- Repeat all of the above exercises
- Change from sitting to standing position with eyes open
- Change from sitting to standing position with eyes closed
- Change from sitting to standing position- turn around as you stand up (10 times turning to right and 10 times turning to the left)
- Throw ball from hand to hand- chest level

- Throw ball from hand to hand- above eye level
- Throw ball from hand to hand- under knee level

**Moving** (It may be necessary for you to have assistance to keep from falling)

- Walk across room in a straight line, putting one foot in front of the other with eyes open, then with eyes closed
- Walk up and down slope or ramp (eyes open, eyes closed)
- Walk up and down steps with eyes open, then with eyes closed