

Orange Dental And ENT Care Centre

Snore And Sinus Clinic

30K Ramkrishna Samadhi Road, Near Charring Cross Nursing Home, Behind Kakurgachi Bada Park.
Kolkata 54 Helpline:8961022661 www.orangedentalandent.com email:info@orangedentalandent.com

Dr Uttam Agarwaal MBBS, MNAMS, DLO(CAL), DNB(ENT)CHENNAI

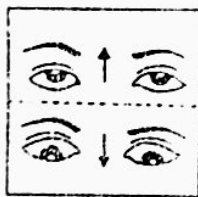
EXERCISES FOR DIZZINESS (VERTIGO REHABILITATION)

Date:

Introduction :

The following exercises to be carried out for 15 minutes twice a day (Increasing Gradually to 30 minutes). These exercises may make you dizzy at first, but in the long term should help to prevent further attacks.

Level 1: Eye Exercise :



A. Eye Movement :

Looking up then down, at first slowly then quickly, 20 times.



Looking from one side to the other at first slowly and then quickly, 20 times.



Focus your finger at arm's length then move it in and out 30 cm; 20 times.

B. Level 2: Head Exercises :



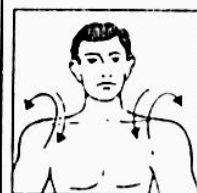
Bend your head forward and then backward with your eyes open, slowly then quickly, 20 times.



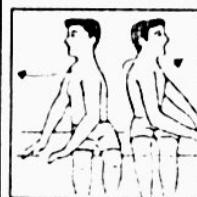
Turn your head from one side to the other slowly then quickly, 20 times.

As the dizziness improves these head exercises should be done with closed eyes.

Level 3: Sitting Exercises :



Shrug your shoulders 20 times



Turn your shoulder to right then left, 20 times.



Bend forward and pick up objects from the ground, and sit up again, 20 times.

Level 4: Standing Exercises :



Move from sitting to standing and back again, 20 times with eyes open, then repeat with eyes closed.



Throw a rubber ball from the hand to hand above eye level.



Throw the ball from hand to hand under one knee.

Level 5: Moving about:



Walk across the room with your eyes open 20 times then repeat with your eyes closed.



Walk up and down steps with your eyes open 10 times then repeat with your eyes closed.



Any game involving stooping or turning is useful in improving balance.

Caution:

Do not perform these exercises while you have a vertigo / dizziness attack.
Never take any medication on your own, as there are some medicines which slow down the adaptation process.

Always consult your doctor before taking any medicine which is not prescribed by him.