

VESTIBULAR REHABILITATION EXERCISES

EYE & NECK EXERCISES



Up and down



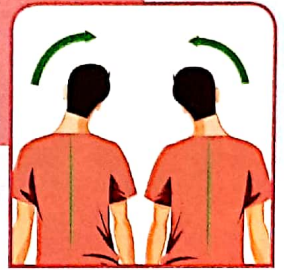
From side to side



Focusing on finger moving from 3 feet to 1 foot away from the face



Bending forwards and backwards



Turning from side to side

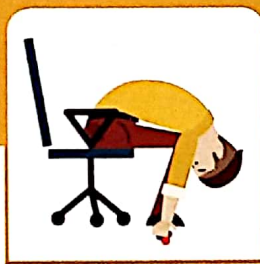
SITTING EXERCISES



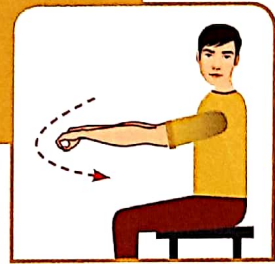
Shoulder shrugging



Shoulder circling



Bending forward and picking up objects from the ground



Rotate to the right and then to the left, at waist

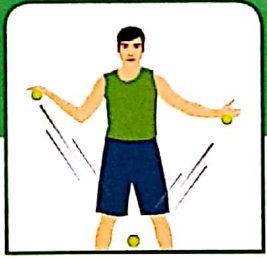
STANDING EXERCISES



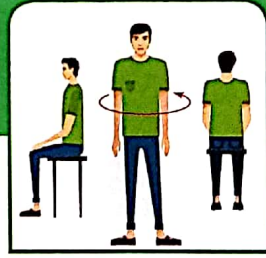
Changing from sitting to standing position with eyes open and shut



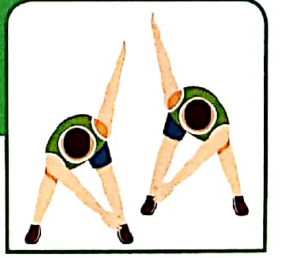
Throwing a ball from hand to hand (above eye), following the moving ball with eyes



Throwing a ball from hand to hand (under knee), following the moving ball with eyes



Changing from sitting to standing and turning round in between

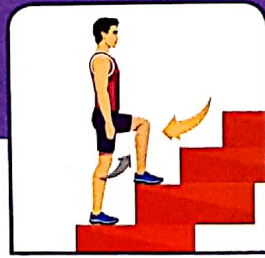


Elevate arm and bend over to touch opposite foot with the eyes continuously looking at the hand

MOVING ABOUT EXERCISES



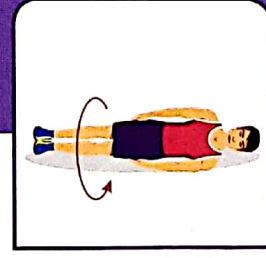
Walk across room with eyes open and then closed



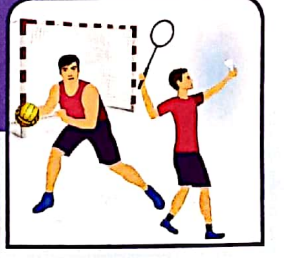
Walk up and down steps



Exercising: Jogging, cycling



Rolling on floor/mat with eyes closed



Game involving stooping, stretching and aiming

References: 1. The Cawthorne-Cooksey Exercises. National health service trust. Available at: <http://www.goodsanparkbury.com/wp-content/uploads/CawthorneCookseyExercises-311.pdf>. Accessed on: 16/8/2018. 2. Han BI, Song HS, Kim JS. Vestibular Rehabilitation Therapy: Review of Indications, Mechanisms, and Key Exercises. *J Clin Neurol*. 2011;7(4):184-196.

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