

These exercises are designed to improve the dizziness you feel as you move around. However, you need to feel dizzy as you do them for them to be effective.

Do the exercises at a speed that brings on a mild to moderate amount of dizziness. Work at your own pace. If the dizziness becomes too severe or takes more than 10 minutes to settle, slow down or do fewer repetitions.

Repeat the exercises at least twice/day.

You can speed up recovery by making yourself feel dizzy by moving your head with everyday activity. This might be when hanging out washing or unloading the dishwasher.

Keeping active is important, try to take a walk each day and increase the distance as you feel better. Exercise such as pilates or swimming are very effective at improving balance.

1. Sitting or standing, place 2 objects 2 - 3 metres apart. Move your eyes and your head to look from one object to the other. Repeat 10 times and rest until the dizziness settles. Do 3 sets of 10 in total.

X (1) ← 2-3 m → X (2)
X (you)

2. Choose a spot on the ceiling and another one on the floor in front of you. Move your eyes and your head to look from one to the other. Do 3 sets of 10 as above.
3. Sitting or standing, bend forwards to touch the floor. Move your head downwards too. Return to the upright position. Repeat 4 or 5 times.
4. Repeat exercise no. 3 diagonally – sit with your knees apart and move your head towards one knee. Try 4 or 5 to each knee.

5. Place 2 chairs 2-3 metres apart, facing each other. Sit on one chair, stand up, walk to the other chair and sit down. Repeat for 1-2 minutes.
6. Stand in a corner with your back to the wall. Turn half circle to face the wall and turn back again. Repeat 4 or 5 times in each direction. Try not to touch the wall unless you feel unsteady.
7. Standing, bend to touch the floor. Stand up. Turn to the left to touch the floor behind. Stand up. Turn to the right to touch the floor in front. Repeat 4 or 5 times.

All except no.5 could be repeated with your eyes closed.

1. Practice walking and turning your head side to side at the same time. Continue for 2 minutes. Start indoors until you feel more confident. You can repeat this moving your head up and down.

It will take at least 6-8 weeks of doing these exercises before you notice an improvement and you may feel worse before you feel better. The exercises will not be effective unless you complete them regularly.

A video of these exercises is available, please follow this link:

<http://www.torbayandsouthdevon.nhs.uk/vertigo>

Contact details

Please amend these details to match your own (and then delete this sentence!)

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For further assistance or to receive this information in a different format, please contact the department which created this leaflet.



Torbay and South Devon
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PATIENT INFORMATION

Home Exercises to Help Vertigo

This leaflet is part of a series of exercises to help vertigo

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If you need to get in touch with us please contact us on 01803 656325 (Audiology)