

EXERCISES TO ALLEVIATE DIZZINESS

Exercises should be performed twice a day for 15 minutes, with the time gradually increased to 30 minutes.

EYES

While standing or sitting, holding the head steady and moving only the eyes:

- Look up and then down 20 times – at first slowly, then quickly.
- Look from one side to the other 20 times – at first slowly, then quickly.

Hold an index finger at arm's length, and focus on it while standing on foot and moving the other foot back and forth 20 times. Repeat, standing on the other foot.

HEAD

While standing with head and neck muscles relaxed and eyes open:

- Bend head as far forward and then backward as possible 20 times – at first slowly, then quickly.
- Turn head from side to side as far as possible 20 times – at first slowly, then quickly. As dizziness subsides, repeat these exercises with eyes closed.

BODY

While sitting with eyes open:

- Shrug shoulders 20 times.
- Twist shoulders to right, then to left 20 times.
- Bend forward as if to pick up an object from the floor 20 times, sitting up after each bend. Stand up and then sit down 20 times. Repeat with eyes closed.

While standing:

- Throw a small rubber ball from one hand to the other 20 times; making sure the ball rises above eye level.
- Throw a ball from one hand to the other under one knee 20 times. (If throwing is not possible, the ball can be passed).

While moving about with eyes open:

- Walk across the room 10 times. Repeat with eyes closed.
- Walk up and down a slop 20 times. Repeat with eyes closed.
- Walk up and down steps 10 times. Repeat with eyes closed. Any game involving stooping or turning is also helpful.

