SELF-DIRECTED
HOME PROGRAM
# SELF-DIRECTED HOME PROGRAM

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**Scale 0 - 5**  
0 = NO Dizziness  
5 = SEVERE Dizziness
DO ...

- Plan to spend about 20-30 minutes for each session and allow for a rest period afterwards.
- Arrange your schedule so you can do your protocols in a safe, comfortable, and relaxed environment.
- Invite a family member or friend, if available, to act as a coach.
- Try to perform the standing protocols in stocking feet or wear comfortable shoes without heels.

DON'T ...

- Do not rush your session. If you are late for work, dinner, shopping, or something important, simply skip your protocols and do them later.
- Do not perform the protocols more strenuously or vigorously than you have been shown by your clinician.
- Do not feel you must do your protocols on days when other medical conditions, e.g., a bad cold or a headache, have you feeling ill.

REMEMBER ...

It is normal for some of the protocols to provoke or cause the very feelings you have been trying to avoid. Try to increase your daily activities as your symptoms decrease.

PLEASE BE SURE ...

Call your clinician immediately if you develop new or different symptoms other than those you normally experience.
SACCADIES

1. Sit in a comfortable position, hold a playing card (king or queen) in each hand, level with your eyes and about 18 inches apart.

2. Keep your head still, move your eyes quickly from one card to the other, without stopping in between the cards. Remember to move only your eyes.

3. As you improve, try to focus on a smaller and smaller detail of the face card, e.g., noses, eyes, or mouth.

   * Repeat **15 - 20** times in the horizontal direction.
   * Repeat **15 - 20** times in the vertical direction.
   * Repeat **15 - 20** times in a diagonal direction.
   * Do **2 - 3** times daily.

REMEmBER: Move only your eyes.
VISUAL TRACKING EXERCISE

1. Sit in a comfortable position, hold a small index card with several words written on it about 12 inches in front of your eyes.

2. Slowly move the card horizontally to the right, to the left, and back to center. **Keep your head still** and follow the index card just with your eyes. You should then repeat this moving the card in the vertical (up, down, and back to center) direction and finally in diagonal (up and left, down and right, and back to center) (up and right, down and left, and back to center) directions.

3. To progress yourself, move your arm at faster and faster speeds until you can no longer read the words. Remember to keep your head still during this exercise and follow only with your eyes.

   * Repeat **15 - 20** times in the horizontal direction.
   * Repeat **15 - 20** times in the vertical direction.
   * Repeat **15 - 20** times in a diagonal direction.
   * Do **2 - 3** times daily.

**REMEMBER:** Move only your eyes.
TARGETS

1. Find a comfortable position, preferably a sofa or chair.

2. Find three targets in your room that are at eye level. One that would be over your left shoulder, one in front of you, and one over your right shoulder (for example: a lamp, a picture, and a light switch).

3. Next, move your head to look at the left target, then the center target, then the right target.

4. Repeat 10 - 15 times turning head without stopping.

5. Then repeat 10 - 15 times but now stop at each target.

Do this 2 - 3 times daily.
HORIZONTAL HEAD MOVEMENTS

1. Sit in a comfortable position, with your feet flat on the floor and your hands on your thighs.

2. Keeping your trunk still, quickly turn your head and look to the right, then turn your head and look to the left, and then return to center and look directly in front of you. Hold for 5 seconds. Pause, and then repeat the entire exercise.

3. For best results, focus your eyes on an object or target in each direction you turn your head, including when facing forward.

* Repeat 15 - 20 times.
* Do 2 - 3 times daily.
HEAD CIRCLES

1. Sitting in a comfortable position, begin moving your head in a circular motion with your eyes open.

2. Repeat Step one with your eyes closed.

   * Repeat 15 - 20 times.
   * Reverse direction and
   * Repeat 15 - 20 times.
   * Do both directions 2 - 3 times daily.

Eyes Open

Eyes Closed
FOCUSING WHILE TURNING HEAD

1. Sit in a comfortable position and bring your index finger approximately 10 inches in front of your nose.

2. Focus on your finger while turning your head from side to side.

3. Gradually increase the speed of the head turns.

* Repeat 15 - 20 times.
Do both directions 2 - 3 times daily.
ANKLE SWAYS

1. Stand with your feet shoulder distance apart, equal weight on both feet, arms relaxed at your side. Look straight ahead and close your eyes.

2. Slowly shift your weight forward and backward. Do not move very far. Do not bend at your hips. All movement should be at your ankles.

3. Shift your weight from side to side, placing more weight first to your right side, then to your left. **Do not bend at the hips.**

4. It may be helpful to do this exercise with your back near a wall or with someone **spotting** you from behind.

   * Repeat **15 - 20** times.
   * Do both directions **2 - 3** times daily.

   Do this exercise with your eyes closed.
CIRCLE SWAY

1. Stand with your feet shoulder distance apart.

2. Breath deeply and relax. Focus your thoughts on feeling your feet in contact with the floor.

3. Practice swaying your body in a circle. Sway forward, to the right side, to the rear, to the left side, and forward again. Look straight ahead and find an object to focus on.

4. Begin with small circles. **Do not bend at the hips.**

5. Gradually increase how far you can move your body without bending your hips, and without taking a step.

6. It may be helpful to do this exercise with your back to the wall with someone spotting you from behind.

   * Repeat **15 - 20** times.
   * Reverse the direction of the sway.
   * Repeat **15 - 20** times.
   * Do both directions **2 - 3** times daily.
BALL - CIRCLES

1. Stand in a relaxed, upright posture, weight equal on both feet. Hold a ball with both hands, arms straight. Keep your eyes on the ball.

2. Keeping your arms straight, move the ball in a large complete circle. Follow the ball with your head and eyes.

3. Make the circle large by lifting the ball high over your head, and low to the ground, bending your knees to touch the ground with the ball. Move smoothly and continuously.

4. If dizziness increases, stop movement until feeling subsides, then begin again.

* Repeat 15 - 20 times.
* Reverse the direction.

* Repeat 15 - 20 times.
* Do both directions 2 - 3 times daily.
1. Begin walking near a wall, so that you can reach out and touch it if necessary, at your normal speed.

2. After three steps, turn your head and look to the right while continuing to walk straight ahead.

3. After three steps, turn your head and look to the left while continuing to walk straight ahead.

4. To increase difficulty, go from a solid floor to carpeting or walk outdoors on an uneven surface, e.g., thick lawns are the most difficult.

* Repeat 15 - 20 times.
  Do 2 - 3 times daily.