

Daily Home Exercise Program for Vestibular Therapy

Exercises: 1-2 times daily, **barefoot**

If symptoms occur, stop the time/clock, rest, recover, and restart where you left off.

Goal is to improve balance over time.

Each exercise should be done for 30 seconds with eyes open.

After you are able to complete 30 seconds with eyes open [and no symptoms] attempt with eyes closed.

Continues to do this daily, minimum of 30 seconds with eyes closed.

To progress, and further challenge yourself, stand on an uneven surface such as a foam mat.

- Double Leg Stance
 - Feet are flat on firm ground (or uneven surface), approximately hips width apart.

- Tandem Stance
 - RIGHT foot is placed in front of LEFT with the heel of the anterior (right) foot touching the toe of the posterior (left) foot.
 - Switch feet. LEFT foot is placed in front of RIGHT with the heel of the anterior (left) foot touching the toe of the posterior (right) foot.

- Single Leg Stance
 - Stand on RIGHT leg, with LEFT hip and knee flexed in front (approximately 20° of hip flexion, 45° of knee flexion, and neutral position in the frontal plane).
 - Stand on LEFT leg, with RIGHT hip and knee flexed in front (approximately 20° of hip flexion, 45° of knee flexion, and neutral position in the frontal plane).

