# Exercise and Unilateral Vestibular Hypofunction

How does Vestibular Rehabilitation Therapy help?

Your physical therapist has developed an individualized program for you based on any problems that were identified during your initial examination. These exercises were chosen to:

- Decrease dizziness and/or vertigo symptoms

- Reduce blurred vision with head movements

- Improve balance and reduce risk of falls
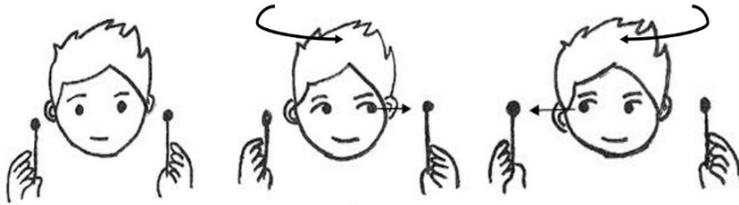
These exercises may increase your symptoms of:

- Imbalance
- Nausea
- Blurry vision

Don't worry, these symptoms will get better with time and are a sign that your treatment is having the desired effect.

The purpose of these exercises is to retrain the brain to process signals coming from your inner ear to reduce your symptoms. By performing your prescribed exercises correctly and consistently you will help reduce the dizziness, blurry vision, and associated muscle tension, headaches and fatigue.

Why do I feel worse when doing the exercises?

As you perform your exercises, you may feel a temporary, but manageable, increase in dizziness, and sometimes, nausea or queasiness after doing the exercises. As the brain attempts to sort out the new pattern of movements, this reaction is normal. Because of the increase in symptoms, you may want to stop doing the exercises. These symptoms will decrease in intensity as you do your exercises consistently. Dizziness can often cause anxiety, always talk to your therapist if you are anxious or if the exercises are making you anxious. There are times when your exercise program may need to be modified.

How can I be most successful with my Rehabilitation program?

- Follow the prescribed exercise program using a metronome or timer to help you keep track of the amount of time and speed of your exercises.

- Inform your therapist if the exercises are increasing your dizziness more than you can tolerate.

Your Physical Therapist will also provide education about how to manage your symptoms at home and work to improve your ability to perform daily activities.