

# Exercise and Bilateral Vestibular Hypofunction

## How does Vestibular Physical Therapy help?

Your physical therapist has developed an individualized program for you based on problems that were identified during your initial examination.

These exercises were chosen to:

- Decrease blurry vision during head and body movements
- Improve balance and reduce risk of falls



Your prescribed eye exercises should be performed 3-5 times a day for a total of 20-40 minutes every day for 5 to 7 weeks.

Your prescribed balance and walking exercises should be performed for 20 minutes per day for 6 to 9 weeks.

The purpose of these exercises is to retrain the brain to use the signals coming from your inner ear to reduce your symptoms. By performing your prescribed exercises correctly and consistently you will help reduce the blurry vision, increase overall strength and balance, and decrease the risk of falls.

## Why do I feel worse when doing the exercises?

As you perform your exercises, you may feel a temporary, but manageable, increase in imbalance and blurry vision. As the brain attempts to sort out the new pattern of movements, this reaction is normal. These symptoms will decrease in intensity as you do your exercises consistently. Dizziness may cause anxiety and nausea. Talk to your physical therapist if you experience these symptoms. There are times when your exercise program may need to be modified.

## How can I be successful with my rehabilitation?

- Follow the home exercise program prescribed by your physical therapist. Be consistent with your program and use a timer to make sure you are doing the exercises for the exact amount of time.
- Use strategies to compensate for vestibular loss such as turning on lights at night or using a cane, walking stick, or walker prescribed by your physical therapist.
- 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.

