



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 side 20 times - at first slowly, then quickly.

Hold an index finger at arm's length, and focus on it while standing on one 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 wide 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 wide 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:

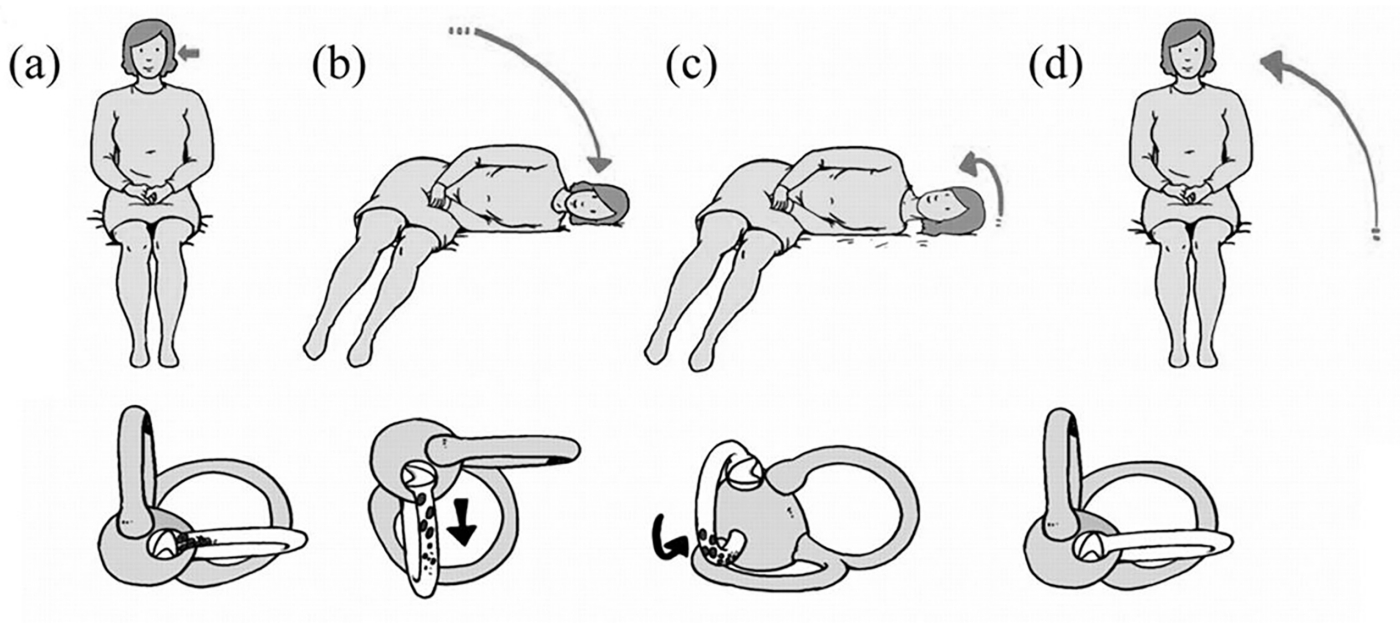
- ▶ Throw a small rubber ball from one hand to the other 20 times; making sure the ball rises above eye level.
- ▶ Throw a ball from one hand to the other under one knee 20 times; (If throwing is not possible, the ball can be passed).

While moving about with eyes open:

- ▶ Walk across the room 10 times. Repeat with eyes closed.
- ▶ Walk up and down a slope 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.

Modified Semont Liberatory Maneuvers

The Semont maneuvers, named after its inventor, Dr. Alain Semont, is intended to move debris or “ear rocks” out of the sensitive part of the ear (posterior canal) to a less sensitive location. These exercises take about 15 minutes to complete. The exercise below should be repeated on the opposite side.



Instructions for patients after treatment

1. *Wait for 10 minutes* after the maneuver is performed before performing other activities. This is to avoid “quick spins,” or brief bursts of vertigo as debris repositions itself immediately after the maneuver. Don’t operate a vehicle immediately after a treatment.
2. *Sleep semi-recumbent* for the next night. This means sleep with your head halfway between being flat and upright (a 45 degree angle). This is most easily done by using a recliner chair or by using pillows arranged on a couch (see figure 3). During the day, try to keep your head vertical. You must not go to the hairdresser or dentist. No exercise which requires head movement. When men shave under their chins, they should bend their bodies forward in order to keep their head vertical. If eye drops are required, try to put them in without tilting the head back. Shampoo only under the shower.
3. *At one week after treatment, put yourself in the position that usually makes you dizzy.* Position yourself cautiously and under conditions in which you can’t fall or hurt yourself. Let your health care provider know how you did.