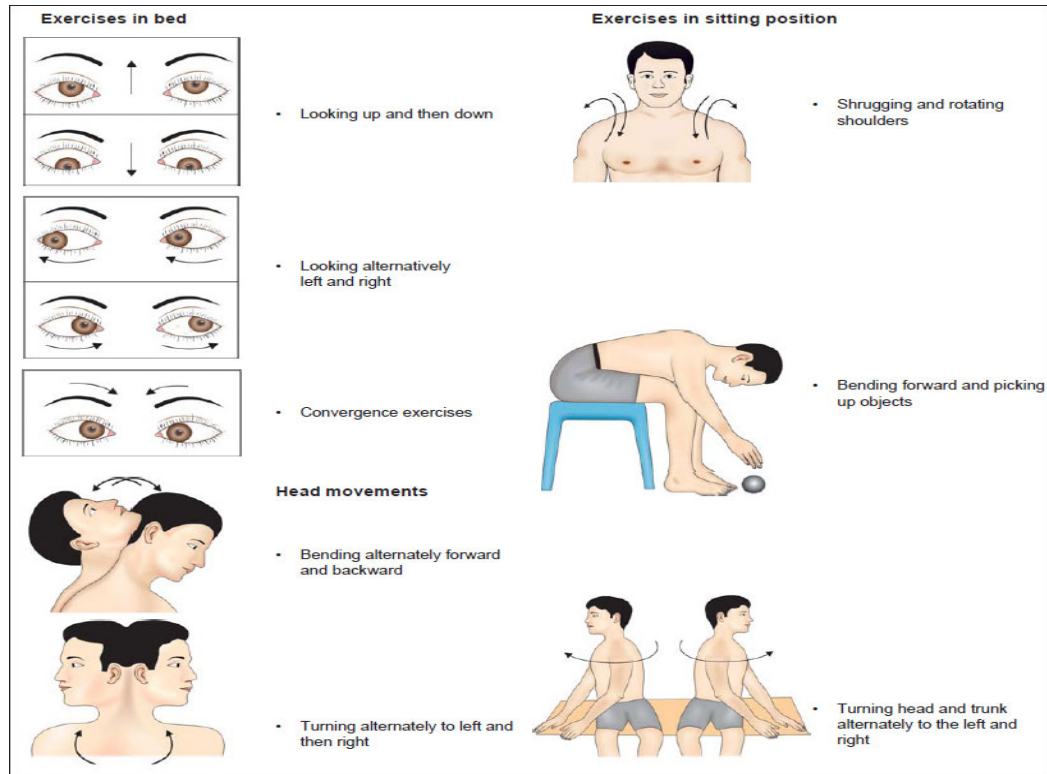


EXERCISES FOR VERTIGO

1. CAWTHRONE-COOKSEY EXERCISES

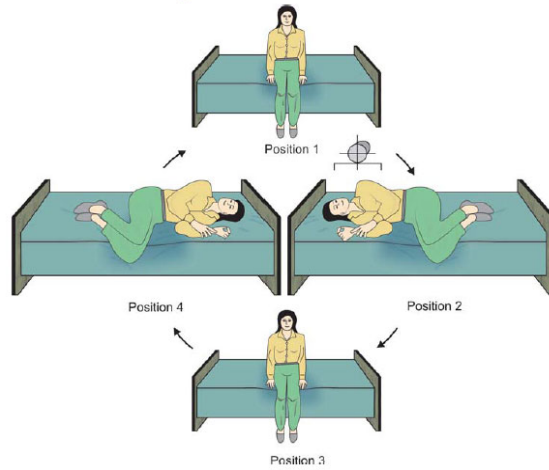
TO BE DONE FOR 1 MINUTE SEVERAL TIMES A DAY



2. BRANTD –DAROFF EXERCISES

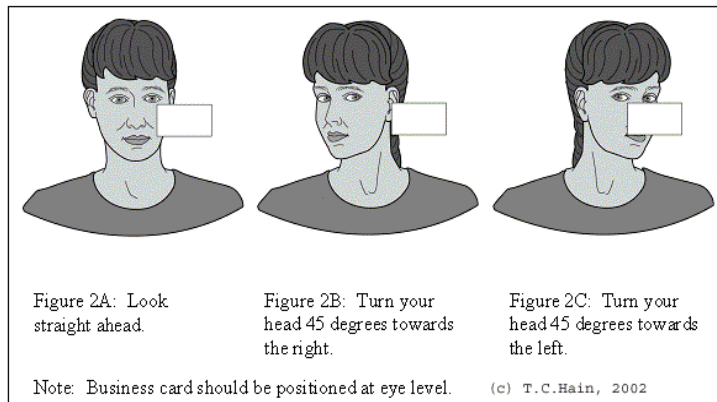
- SIT ON THE EDGE OF THE BED AND TURN YOUR HEAD TO THE LEFT (APPROX 45°)
- WHILE MAINTAINING THE HEAD POSITION LIE DOWN QUICKLY TO THE RIGHT SIDE SO THAT YOUR HEAD IS RESTING ON THE BED. WAIT FOR 20 TO 30 SEC OR FOR GIDDINESS TO RESOLVE
- SIT UP STRAIGHT AND AGAIN WAIT FOR ANY GIDDINESS TO RESOLVE

- TURN YOUR HEAD TO THE LEFT AND REPEAT THE SEQUENCE IN OPPOSITE DIRECTION
- CONTINUE THE ABOVE FOR 5 REPITITIONS ON EACH SIDE THREE TIMES A DAY .



3. GAZE STABILIZATION EXERCISES

- HOLD A BUSINESS CARD INFRONT OF THE FACE SO ABLE TO READ IT . MOVE THE CARD AND THE HEAD IN OPPOSITE DIRECTION (INITIALLY HORIZONTALLY FOR 1 MINUTE THEN VERTICALLY) KEEPING THE WORDS IN FOCUS.
- THE EXERCISE SHOULD BE DONE 3 TIMES A DAY AND GRADUALLY INCREASED TO 5 TIMES A DAY



4. POSTURAL STABILITY EXERCISES

- PATIENT STANDS WITH FEET AS CLOSE TOGETHER AS POSSIBLE WITH ONE OR BOTH THE HANDS TOUCHING THE WALL TO MAINTAIN THE BALANCE IF NEEDED. TURN THE HEAD TO THE RIGHT AND THEN TO THE LEFT SLOWLY FOR ONE MINUTE WITHOUT STOPPING .
- PRACTICE HEAD TURNING THE HEAD WHILE WALKING .INITIALLY PRACTICE NEAR A WALL TO PREVENT FALL.
- STAND WITH FEET CLOSE TOGETHER. OUTSTRETCH THE HANDS IN FRONT AND THEN BRING ARMS CLOSE TOGETHER TO THE BODY AND LASTLY KEEP THE ARMS FOLDED ACROSS THE CHEST . MAINTAIN EACH POSITION FOR 15 SECONDS. REPEAT THE EXERCISES BY PLACING ONE FOOT IN FRONT OF THE OTHER
- TRY TO REPEAT THIS EXERCISE WITH EYES CLOSED
- STAND ON CUSHIONED SURFACE .
- WALK IN LARGE CIRCLE , THEN IN SMALL CIRCLE AND THEN IN FIGURE OF 8