

# VESTIBULAR REHABILITATION 101

Hypatia Specialist Clinics

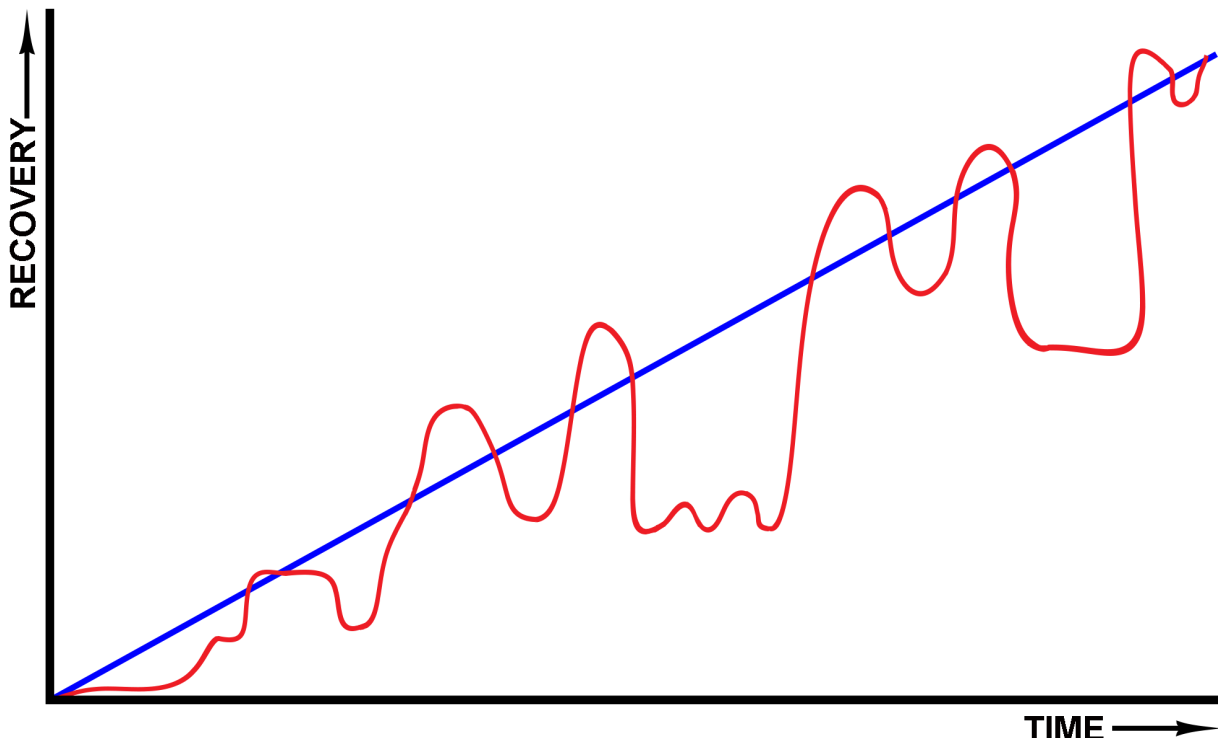
HYPATIA  
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Thank you for visiting us and trusting us to get you back on track concerning your dizziness and/or balance. This is an initial information sheet to get you started with Vestibular Rehabilitation. Some people find that this is all they need, and others need more support. Either way, we are here when you need us - remember, recovery can be slow and is a bit of a journey. Your expectation should be around six months, but 90% of patients can get their quality of life back to what it was before having symptoms.

The below graph represents what most people expect recovery to be like (blue line) vs a more realistic representation (red line).



## VOR Exercises

Vestibular Ocular Reflex exercises seem really simple but they are extremely effective at aiding the vestibular compensation process. They strengthen your ear-eye connections, prevent you from developing maladaptive head movements and desensitize your symptoms. You should aim to do the following three exercises every day, and they will take a while to bed in. The first week can be quite difficult so do them at the end of the day. We commonly get asked how long and how fast to do the exercises for - it is different for every person and it is different each day, try to monitor your disorientation whilst doing them on a scale of 10 (10 being bad). You should work at around 6/10 so you are moderately disorientated.

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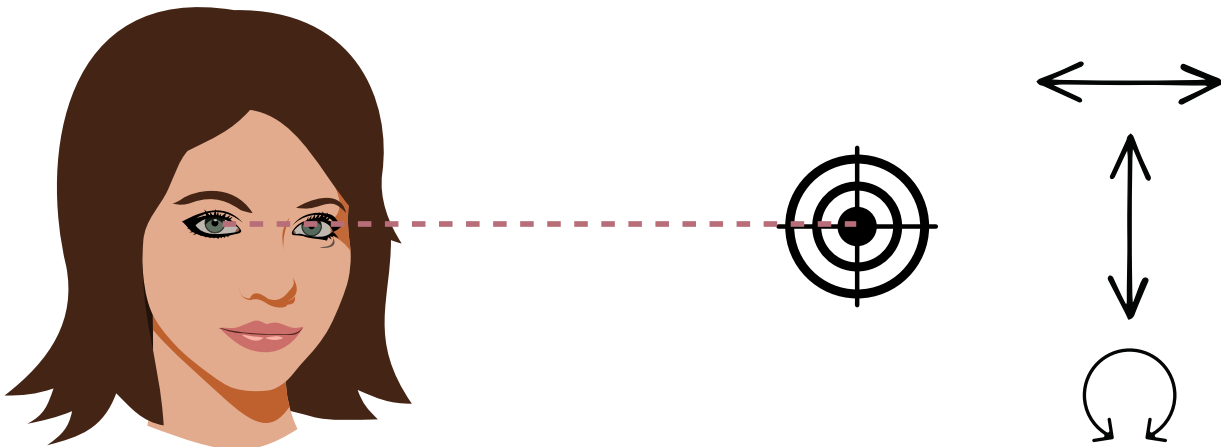
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**VOR Horizontal** - Look at a target no closer than a metre away (it can be a target on the wall or your finger). Move your head left and right whilst maintaining your vision on the target do this to the point where your symptoms feel 6/10.

**VOR Vertical** - As above but move your head up and down.

**VOR Roll** - As above, however, you will roll your head left and right. So keep your shoulders still but tilt your ear down towards your shoulder.



Over time you should be able to make these more challenging by doing them for longer/faster and going from seated to standing and then to tandem stance. The ultimate level will be to do this whilst looking at a target with a moving background (e.g. post-it note stuck on TV with something on in the background, but this can take months to achieve, so be patient. Some people keep a diary of what they have been able to do each day and monitor improvements that way.

If your neck gets sore, cease the exercises and contact us!

## Additional Tips & Tricks to Aid Recovery

### Brain Training

It helps get the brain in learning mode and makes it more neuroplastic which the process we are trying to utilise to help you heal. You could try Brain Training Apps or learn something new... a new hobby, a new language, a new piece of music if you play an instrument.

### Mindful Tasks

Jigsaw, crafts, lego, journalling, painting, model making, anything that uses fine motor skills. This keeps you present and helps relax your fight/flight response, especially if you feel anxious about your symptoms.

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## Cognitive Therapy

If you have been poorly for some time or if your symptoms started around a traumatic event, cognitive therapy such as CBT or ACT therapy is scientifically proven to improve outcomes of patients with a Neuro-Vestibular illness. We would highly recommend you look into this. A happy brain is a healing brain.

## Global Motor Exercise

At least 15 minutes of exercise every day, even if it is just a walk around the corner. Movement cures dizziness; the movement signals from your proprioceptors (legs, feet, and the spine) will override incorrect signals from your vestibular system.



## Blood Pressure

Keep on top of your blood pressure. High/low blood pressure or postural hypertension (blood pressure dropping when standing) will make you feel dizzy. Check with your GP if you are concerned about this.

## Good Foundation for the body to recover

Relaxation, Hydration, Food, Sleep - sometimes easier said than done, but they should be a priority to you, especially during recovery.

## Self-Help Book

Rock Steady by Joey Remenyi is an excellent book and has helped many of our patients. Be careful when looking on the internet for information about your symptoms. There is a lot of misinformation online.

## Further support

Try these tips and tricks first, as usually, this is enough for most people. You can have more support from us if you need it, including personalised rehabilitation appointments and virtual reality rehabilitation. For bilateral vestibular loss, we can provide balance belts.

*With Best Wishes*  
*Amy*