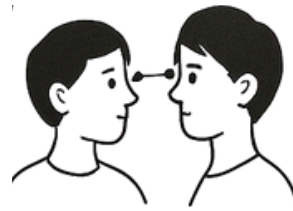
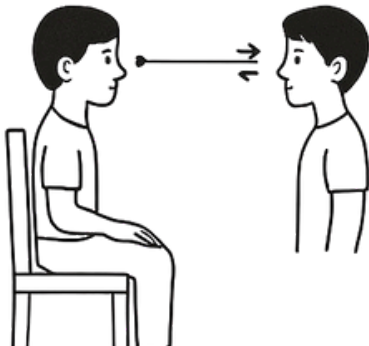


VERTIGO EXERCISE CHART

GAZE STABILIZATION (VOR EXERCISES) (VOR)

Purpose: To improve visual stability

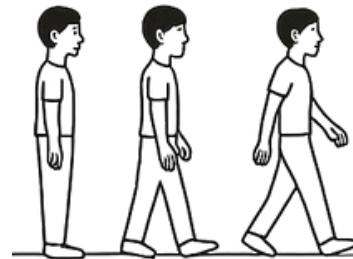


- Sit and focus on target
- Move head side to side and up and down

BALANCE TRAINING

Purpose: To enhance body stability

- Stand with arms at sides
- Progress to heel-to-toe stance
- Advance to heel-to-toe walk



HABITUATION EXERCISES

Purpose: To decrease sensitivity to motion

- Sit, then bend forward
- Quickly turn head or change position

