

# Vestibular Therapy: Daily Home Exercise Program

## Exercises: Barefoot, 1-2 times each day

1. Stop the timer or clock, take a break, heal, and pick up where you left off if symptoms appear.
2. The goal is to improve balance over time.
3. You should perform each exercise with your eyes open for 30 seconds.
4. Try closing your eyes for 30 seconds after you can manage 30 seconds with them open and no symptoms.
5. Continues to do this daily, a minimum of 30 seconds with eyes closed.
6. Step up and push yourself even harder by standing on an uneven surface, such as a foam mat.



### Double Leg Stance

- Feet are flat on firm ground (or uneven surface), approximately hips-width apart.



### Tandem Stance

- The RIGHT foot is positioned in front of the LEFT, with the RIGHT foot's heel touching the LEFT foot's toe.
- Switch feet. The left foot is positioned in front of the right, with the left foot's heel touching the right foot's toe.



### Single Leg Stance

- Stand on the RIGHT leg, with LEFT hip and knee flexed in front (approximately 20° of hip flexion, 45° of knee flexion, and a neutral position in the frontal plane).
- Stand on the LEFT leg, with RIGHT hip and knee flexed in front (approximately 20° of hip flexion, 45° of knee flexion, and neutral position in the frontal plane).