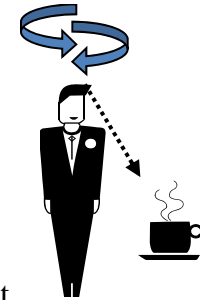


Note! You will experience some dizziness when you do the exercises!

3 times daily



A home-based training program for *Dizziness*

- 1. Sit down**, Fixate on an object 1,5 - 2 m away. **Shake your head horizontally** from side to side - still fixating the object. Repeat twice a second for 15 seconds. Count one-thousand-one; one-thousand-two ...one-thousand -fifteen to keep pace and time.
- 2. Stand up and put a finger on a stable object** (chair/table), Fixate on an object 1,5 - 2 m away. Shake your head horizontally from side to side - still fixating the object. Repeat twice a second for 15 seconds. Count one-thousand-one; one-thousand-two ...one-thousand -fifteen to keep pace and time. .
- 3. Stand up with out support or touching any object**, Fixate on an object 1,5 - 2 m away Shake your head horizontally from side to side - still fixating the object fixate on an object 1,5 - 2 m away. Shake your head horizontally from side to side - still fixating the object. Repeat twice a second for 15 seconds.
- 4. Stand up and close your eyes (with and then without support)** . Fixate on an object 1,5 - 2 m away. Shake your head horizontally from side to side - still fixating the object. Repeat twice a second for 15 seconds.
- 5. Stand up** , fixate on an object 1,5 - 2 m away. Shake your head **vertically** from side to side - still fixating the object. Repeat twice a second for 15 seconds.
- 6. Walk forwards** fixate on an object 1,5 - 2 m away. Shake your head horizontally from side to side - still fixating the object. Repeat twice a second for 15 seconds.
- 7. Stand on a pillow** from your coach, in a corner of the room. Keep standing for *1 minute* then close your eyes and remain standing like this for another minute. If it is difficult place a chair in front of you. To reduce the difficulty of the exercise you may put a fingertip on the backrest of the chair.
- 8. Stand up holding a glass of water** which is filled halfway again in a corner of the room. Remain there fore 1 minute than close your eyes and remain standing like this for another minute. If it is difficult put a chair in front of you and initially you may put a fingertip on the backrest of the chair.
- 9. Take a walk outdoors for at least 30 minutes.** Try window shopping that will have you turning your head from side to side while you walk.

How to execute the head movements:

Begin to smoothly shake your head. Increase the speed until vision gets blurred. Decrease speed to regain clear vision, then increase again. The idea is to push the limit where vision gets blurred.