

Head rotation exercise:

Stand completely still. Place your feet in direct alignment with your shoulders. Rotate your head around in a complete circle. Do this starting from left side or right side. Then rotate your head from the other side. I did 5 repeats on each side: (10 circles 3 times a day.) (total 30 circles a day)

Stand in a corner with your eyes open and fixed on the wall in front of you for 1 minute. Then repeat with **eyes closed**. Now repeat this with **eyes open/closed** while standing with feet in direct alignment with shoulders.

I do this 3 times a day.(4 minutes a day)

Sway exercise:

Stand facing a wall from about 15 feet away. Stare eye level at the wall at a certain spot. Now sway from your waist back and forth left to right/ right to left. Stop for a few seconds after each sway. (maybe 5 seconds) and hold that position. I do this 20 times 3 times a day

Stand heel to toe: left foot forward 1 minute then right foot forward 1 minute.

Fix your eyes on the wall across from you. Cross your arms across your chest. I do this 3 times a day. (total 6 minutes a day)

Stand still: stand up on your tippy toes. place your arms in an arc behind your back with your palms facing up .

I do this for 1 minute 3 times a day(total 3 minutes daily)

Stand on the heels of your feet. place your arms out in front of you, palms facing the floor. bend slightly over your feet to balance. I did this for 1 minute 3 times a day(total 3 minutes a day)

Tape a sheet of paper to the wall with an X on it. Stand maybe 2-3 feet away. swing your head left to right/right to left while keeping your eyes fixed to this paper. I did this 10 times 3 times a day. (total 30 times a day.) Now do the same thing except nod your head vertically while keeping your eyes fixed to the paper.

(I did this 30 times a day)

Stand still. Now tilt your whole body to one side (right) while keeping your spine straight. 1 minute eyes open /1 minute **eyes closed** Now repeat this on the other side. (left) 3 times a day. (total 12 minutes a day)

Eye exercise: Place two post-its about 4 feet apart on a wall in front of you. Or you could use a cupboard like I do (something symmetrical.) Now stand about 15 feet away.

Focus your eyes on one post-it: (left) keep your eyes focused there for a few seconds then slowly move your eyes without turning your neck to the right side of the wall - keeping your eyes focused on the other post-it. I do this 20 times 3 times a day.(total 60 times a day)

Then I do the same thing with a 2 post- its in vertical position (one near the ceiling and one near the floor) I do that 20 times 3 times a day.(total 60 times a day)

Neck turning exercise:

While standing still turn your head left. Focus your eyes on a post-it to the left side of the wall then hold your eyes there for a few seconds. then turn your head to the post-it on the right side of the wall and hold your eyes there for a few minutes. I do this 20 repeats 3 times a day.(total 60 times a day)

Neck tilting exercise:

While standing still tilt your head up focus your eyes on a post-it near the ceiling then tilt your head down, and focus your eyes on a post-it near the ground. I do this 20 repeats 3 times a day.(total 60 times a day)

Balancing on one foot exercise:

Stand still. Pick up your foot and hold your shoe behind your back while balancing on your other foot. I did this for 30 seconds on each foot 3 times a day.(total 3 minutes a day)

Half turn exercise:

Stand with your feet together. now move your feet and do half turns. stop for a few seconds after each half turn and focus your eyes on an object or a post-it in front of you. Do 5 complete circles going left and then 5 complete circles going right. I do 10 complete circles 3 times a day:(total 30 circles a day.)

Stomp the ground exercise: Stomp the ground in a stationary spot. Stare at a wall in front of you then stop.

I do 30 stomps (counting both feet 3 times a day)(total 90 stomps a day)

These next 3 exercises I only did for about 6 months and I have never had to do them ever again because

the horizon has not bounced in the distance ever again as I walk, reading doesn't make me sick anymore and I find it easy to walk down a shopping isle now.

Horizon exercise: If the horizon in the distance bounces when you walk:

Put a post-it on a wall about 20 feet away.Walk towards the post-it while keeping your eyes fixated on it at all times.Then after reaching a few feet away from the post-it: stop for a few seconds and then walk backwards to where you started while still keeping your eyes fixed to the post-it. I did this 10 times 3 times a day.

(total 30 times a day)

If you can't walk through a store because the shelves jump out at you: Place a post-it on a wall.

Now stand 20 feet or so away and to the side of the wall.Then walk up and alongside of the wall (parallel) to it while keeping your eyes fixated on the post-it. Then when you are directly beside the post-it: take your eyes off the post-it and keep walking parallel to the wall now fixing your eyes on an object in the distance as you walk towards it. I did this 10 times 3 times a day. (total 30 times a day)

If reading makes you sick: take a popsicle stick and place a post-it on the end . Hold the the popsicle stick. Keep your eyes focused on the post-it. Move the post-it left to right/right to left. (this counts as one time). I did this 20 times 3 times a day.(total 60 times a day) Now do the same thing except vertically . I did this 20 times 3 times a day. (total 60 times a day) and then do it diagonally.

Sit in a chair. throw a ball back and forth eye level from one hand to the other. I did this 20 times 3 times a day(total 60 times a day)

These next exercises are done while lying on a balance roll. I learned them from another physical therapist: I started these back in 2006 but I have not done them in this past year. Last year I had jaw

surgery and after the surgery I had BPPV for 4 months, and I found that even though I was cured of the spinning after 4 months I found that using the balance roll now makes me feel very off balance while lying down afterwards.

I used to do these for a half an hour every day and it took my nausea away almost immediately afterwards. It helped to relax my jaw, neck, shoulder and back muscles.

I use to lay down on styrofoam balance roll and then I would do snow angels, picking apples and s-curves. Although I did these exercises for relaxing my muscles, these exercises most likley also helped retrain my

brain as I used to feel a lot better lying down until I had the BPPV.

If anyone has any questions about these exercises then you can ask me and I'll try to describe the exercise

in more detail. I hope these can help someone. - Sylvie