



Home Exercise Program for Vertigo

Seated Levator Scapulae Stretch



Setup: Begin sitting upright in a chair, grasping the edge with one hand.

Movement: Rotate your head to the side opposite your anchored arm, then tuck your chin toward your chest. With your free hand, grasp the back of your head and gently pull it downward until you feel a stretch and hold.

Tip: Make sure to keep your back straight during the exercise.

Sternocleidomastoid Stretch



Setup: Begin sitting upright with one hand placed flat on your collarbone.

Movement: Slowly tilt your head to the side away from your hand, then turn your head to look up toward the ceiling until you feel a gentle stretch in the side of your neck. Hold this position, then relax and repeat.

Tip: Make sure to keep your neck and shoulders relaxed during the stretch.

Seated Gaze Stabilization with Head Rotation



Setup: Begin sitting upright with one arm holding a notecard with a letter written on it out in front of your face.

Movement: Keeping your eyes focused on the letter, slowly rotate your head to one side while moving the notecard to the opposite side, then repeat in the other direction.

Tip: Make sure to sit tall and avoid turning your trunk as you move your head. Move your head as fast as you can while keeping the letter in focus.



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Seated Assisted
Cervical Rotation
with Towel



Setup: Begin sitting in an upright position with a rolled towel around your neck. Hold each end of the towel with your hands crossed.

Movement: Lift your front hand upward until the towel is around the side of your head. Pull sideways, rotating your neck, then bring your neck back to center and repeat.

Tip: Avoid bending your neck forward or backward. Only rotate your neck within a pain-free range of motion, making sure to move slowly.

Cervical Retraction
with Resistance



Setup: Begin sitting upright in a chair with a resistance band wrapped around your head, holding the ends in each hand.

Movement: Bring your hands forward, and at the same time, pull straight backward on the resistance band with your head, tucking your chin.

Tip: Make sure to move your head straight backward. Do not let your neck bend too far or rotate to either side.

Seated Passive Cervical
Retraction



Setup: Begin sitting in an upright position.

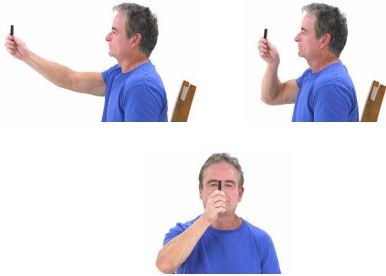
Movement: Place two fingers on your chin and gently push your chin directly backward, then repeat.

Tip: Make sure to maintain good posture during the exercise.



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Pencil Pushups



Setup: Begin sitting upright holding a pencil at arm's length, in front of your face.

Movement: Focus on the tip of the pencil as you slowly move it straight toward your nose until you begin to see a double image of the pencil. Continuing to focus on the tip of the pencil, return it to the starting position and repeat.

Tip: Make sure to keep your head still during the exercise.

Seated Vertical Saccades



Setup: Begin sitting in an upright position, holding two objects such as pens slightly apart, in front of your face, with the ends vertically aligned.

Movement: Focus your eyes on the tip of one pen, then focus them on the other pen. Move your eyes back and forth between the pens.

Tip: Make sure to move only your eyes, not your head, during this exercise.

Seated Horizontal Saccades



Setup: Begin sitting in an upright position, holding two objects such as pens slightly apart at the same level in front of your face.

Movement: Focus your eyes on the tip of one pen, then focus them on the other pen. Move your eyes back and forth between the pens.

Tip: Make sure to move only your eyes, not your head, during this exercise.



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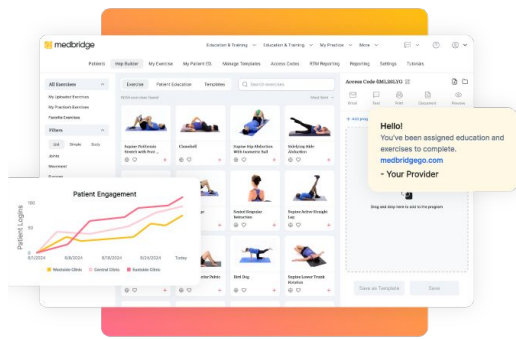
Seated Diagonal Saccades



Setup: Begin sitting in an upright position, holding two objects such as pens slightly apart in front of your face, with the ends diagonally aligned.

Movement: Focus your eyes on the tip of one pen, then focus them on the other pen. Move your eyes back and forth between the pens.

Tip: Make sure to move only your eyes, not your head, during this exercise.



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Disclaimer: This program provides exercises related to preventative maintenance OR to your condition that you can perform at home. As there is a risk of injury with any activity, use caution when performing exercises. If you experience any pain or discomfort, discontinue the exercises and contact your healthcare provider.