



Top Exercises for Vestibular Hypofunction

Walking with Head Turns



Setup: Walk 20-30 feet while swinging your arms and gently turning your head left and right.

Directions: Start slowly, gradually increasing speed as tolerated. Perform for 1-2 minutes, twice a day.

Tip: By swallowing with as much effort as possible, you can keep food from getting stuck in your throat.

Vertical Head Movements



Setup: Walk and swing your arms while moving your head up and down.

Directions: Perform for 1-2 minutes, twice a day.

Tip: Start slowly and gradually increase speed as tolerated to improve balance and coordination during walking.

Diagonal Head Movements



Setup: Walk 20-30 feet while swinging your arms.

Directions: Move your head diagonally (up to the left and right) while walking. Perform for 1-2 minutes, twice a day.

Tip: This challenges the vestibular system by adding complex head movements, so start slow and increase speed gradually.

Gaze Stabilization with Static Objects



Setup: Hold a small target (like a letter on a card) at eye level.

Directions: Focus on the target while turning your head left and right for 30-90 seconds. Adjust speed and duration based on comfort, keeping the target in focus. Progress by adding up, down, and diagonal head movements.

Tip: Perform five short sessions daily, totaling 10-15 minutes. Slow down if the target blurs or dizziness becomes too intense.

Progressive Gaze Stabilization



Setup: Begin with the basic gaze stabilization exercise while seated.

Directions: Gradually advance to standing, then walking forward and backward, and finally practicing against a busy background like a checkerboard.

Tip: These progressions help improve gaze stability in real-world conditions, so advance at a comfortable pace while maintaining focus on the target.



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Outdoor Walking



Setup: Walk outside for 15-20 minutes, three to four times a week.

Directions: Incorporate gentle head turns, swing your arms, and use walking poles if needed.

Tip: Walk with a friend or carry a phone for safety, and focus on improving balance while enjoying the mental health benefits.

Standing Balance Practice



Setup: Stand with a wide base of support in a safe area.

Directions: Close your eyes for 30-60 seconds, twice a day. Gradually narrow your stance, progressing to semi-tandem and tandem positions.

Tip: Relax and breathe through any sway. If unsteady, start with an easier stance or stay near a wall for support.

Balance on a Foam Pad or Beach Towel



Setup: Stand on a foam pad or folded beach towel.

Directions: Perform gentle head turns in various directions 5-10 times with eyes open, then 5-10 times with eyes closed, once or twice a day.

Tip: This adds a proprioceptive challenge to improve balance—start with eyes open before progressing to eyes closed.

Ankle Strengthening



Setup: Stand on a flat surface with feet hip-width apart.

Directions: Rock onto your toes, then onto your heels, repeating 10-20 times, once or twice a day.

Tip: Hold onto a stable surface if needed and focus on controlled movements to improve ankle stability for better balance.

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.

