

# Visual Vertigo Exercises

## Visual exercises

1. Buy a number of pieces of spotty or stripy wrapping paper and stick together and put up on the wall. Print the word 'look' on a piece of card and stick the card in the middle of the wrapping paper.

Shake or nod your head at a level which just makes the word jump or you feel imbalanced (you should see nothing but spots in the back ground).

Start by doing this exercise for 20 seconds, have a break and repeat again and then again.

2. Stick a black spot on the computer screen and then focusing on the spot, scroll the computer screen up and down at a speed where you feel imbalanced/ nauseous.

Start by doing this exercise for 20 seconds, have a break and repeat again and then again.

3. Watch an action / adventure DVD (one in which there is lots of movement or where the screen comes out at you). Sit close to the TV so that it fills as much of your visual field as possible. Start with one minute, have a break and repeat. Build up your time gradually. You can also do this by playing computer games.
4. Go out into a busy visual environment which makes you feel imbalanced - this may be a supermarket, town on a busy day or walk down a busy road with the traffic coming towards you looking at the traffic. Always make sure that you are safe and if necessary, take someone with you to begin with. Gradually build up your time.

## How to make exercises more difficult

When you are performing these exercises at a level which just evoke mild symptoms of dizziness or imbalance, then you need to make them more difficult to allow further compensation to occur and for the brain to adapt further.

You can do this by:

- Increase your speed of head shake / nod
- Do head shake / nod with a different background
- Scroll up and down screen faster
- Make the action DVD more visually challenging
- Increase the length of time you do the exercise