

Please note that you should not attempt any of these exercises without first seeing a specialist or physiotherapist for a comprehensive assessment, advice or guidance.

Tips to help.

Keep Active!!

You should not try to prevent episodes of dizziness by becoming inactive and avoiding doing the things that might cause them. Inactivity means your brain is not exposed to the mismatching signals causing it and so prevent the dizziness from going away. Try to participate fully with your exercises. Do them regularly and have faith in the recovery process

Speak up!!

Try not to keep how you are feeling to yourself. Talk to your friends and family. Sharing your concerns and talking things through with them can be really helpful.

Keep a diary!!

Keeping a diary of your dizziness and balance problems can be a useful way to record when and where you experience dizziness and to track changes in your condition.

Stay positive!!

People with dizziness and balance problems can make a good recovery. The key is making the effort to gradually return to physical activities.

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Dizziness and Vestibular Rehabilitation

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Na żądanie ta ulotka może zostać udostępniona
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What is dizziness?

“Dizziness” is a general term to explain the feeling we have when there is something wrong with our sense of balance. Many people who experience dizziness find it difficult to explain exactly how it makes them feel. For example, some people who feel dizzy say they feel light-headed, giddy or off balance.

There are many causes of dizziness that tend to recover on their own. However, if you have been referred for physiotherapy it is likely that your dizziness is not clearing up of its own accord and you will need some form of treatment.

What is vestibular rehabilitation?

There are various possible treatments for dizziness and balance problems. Your physiotherapist will assess which treatment is right for you.

The key treatment for almost all of the conditions that cause dizziness is vestibular rehabilitation.

These are exercises that involve movement of the eyes, the head, the upper body and then the whole body. The exercises allows the brain to regain balance and control, and minimise dizziness symptoms.

You may experience dizziness when you perform your exercises. This should not be seen as a setback or a reason to stop. It just means that the imbalance is still there and the brain is learning to cope with the disorientating signals.

Be aware that it may take a few days for you to get used to the exercises.

Exercises

Make sure you are in a safe environment before you start any of the exercises. You may experience dizziness whilst doing these exercises and this is completely normal.

Sitting:

- Eye movements:
 - up and down
 - from side to side (move eyes slowly at first, then quickly)
- Head movements:
 - up and down
 - from side to side (move head slowly at first, then quickly; with eyes open, then closed)
- Shrug and circle the shoulders
- Bend forward and pick up objects from the ground
- Bend side to side and pick up objects from the ground

Standing:

- Eye, head and shoulder movements as in sitting
- Change from sitting to standing position with eyes open, then closed (please note this is **not** advised if you have postural hypotension)
- Throw a ball from hand to hand above eye level
- Throw a ball from hand to hand under the knees
- Change from sitting to standing position, turning around in between

Moving about:

- Walk across the room with eyes open
- Walk up and down a slope with eyes open
- Walk up and down steps with eyes open
- Throw and catch a ball
- Any game involving stooping, stretching and aiming (for example, bowling)