



WICHITA **EAR** CLINIC

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# Balance Rehabilitation

## Vestibular Rehabilitation Therapy

For many, compensation occurs naturally over time, but for those whose symptoms do not reduce and continue to have difficulty, VRT can assist in recovery by promoting compensation.

VRT is also of significant benefit for fall prevention in those who may suffer from multiple sensory and motor impairments or for those who have sensory disruption with moving visual information.

VRT can sometimes be tedious; however, committing to doing the exercises is key to helping you achieve success. Setting up a regular schedule so that you incorporate them into your day is very important.

These exercises may, at first, make your symptoms worse. But with time and consistent work, your symptoms should steadily improve, and then, you will find that you are able to participate more in the activities of your daily life.

It is very important to move your head and eyes together in every exercise. Even when your eyes are closed, you need to imagine that your eyes are moving with head movements.

When your eyes are closed, you may feel more off balance. For this reason, it is best to sit in a chair with handles or a couch to prevent falls. You may start with very slow head movements and pick up the pace as you feel comfortable. The most important thing is moving head and eyes together.



**are "hear" for you!**



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### Balance Rehab Exercises

- A: Bend forward and pickup objects from the ground.
- B: Throw a small rubber ball from hand to hand above eye level.
- C: Focus on a finger held at arms length. Move finger 12 times toward the eye and then back again.
- D: Throw a ball from hand to hand under one knee.
- E: Move your head / eyes diagonally up and down. First from up / right to down / left and vice versa.



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