

## Visual exercises

### Visual vertigo

Many people suffer from feelings of imbalance and nausea in busy visual environments such as in supermarkets, or shopping centres, or after activities such as computer work. This is called **visual vertigo**. When the balance organ information is not as reliable as it used to be, the brain puts more emphasis on the visual information it receives, and also turns up its sensitivity to this information. This increased sensitivity combined with a mismatch between the balance and visual information leads to symptoms of visual vertigo. Visual vertigo exercises are designed to decrease the visual sensitivity by gently exposing the brain to challenging visual situations

**Patient name:**

**Date:**

– Goals:

– Times to do exercises:            am:            pm:

### Starting programme:

Exercise number	Level	Repetitions/time

Progression

<b>Exercise number</b>					
<b>Date of progression</b>					
<b>How progressed</b>					

Exercise 1

- Buy a number of pieces of stripy/chequered/busy wrapping paper and stick together and put on the wall.
- Write the word 'look' on a piece of card and stick in the middle of the paper.
- Turn your head from left to right at a level which just below where the word jumps or you feel imbalanced (you should see nothing but spots in the back ground).
- Start by doing \_\_\_ seconds, have a break and repeat \_\_\_ times.



Exercise 2

- Focus on a spot on the computer screen.
- Scroll the computer screen up and down at a speed where you feel imbalanced.
- Start by doing \_\_\_ seconds, have a break and repeat \_\_\_ times.

Exercise 3

- Watch a DVD with lots of movement or scenes where the screen comes out at you (this can also be completed with computer games)
- Sit close to the TV so that it fills as much of your visual field as possible.
- Start by watching for \_\_\_ minutes, have a break and repeat \_\_\_ times.



Exercise 4

- Go into a busy visual environment such as a supermarket, shopping centre or walk on the pavement of a busy road whilst the traffic comes towards you and look at the traffic.
- Complete this initially for \_\_\_ minutes and then gradually build up your time.

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If you would like this leaflet in other languages or formats (e.g. large print, Braille or audio), please contact the Audiology department.

Department of Audiology

Reviewed: June 2016

Review due: June 2018