



Visual exercises

This leaflet explains some visual exercises to help with your vertigo.

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:
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• **Goals:**

• **Times to do exercises:** **am:** **pm:**

Starting programme:

Exercise number	Level	Repetitions/time

Progression

Exercise number					
Date of progression					
How progressed					

Exercise 1

- Buy a number of pieces of stripy/chequered/busy wrapping paper and stick together and put up 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.

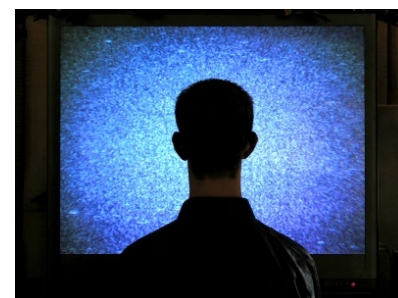


Exercise 2

- 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.

Contact details:

If you have any questions or concerns, you can contact the Audiology Department on

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To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

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Next review due: January 2026.