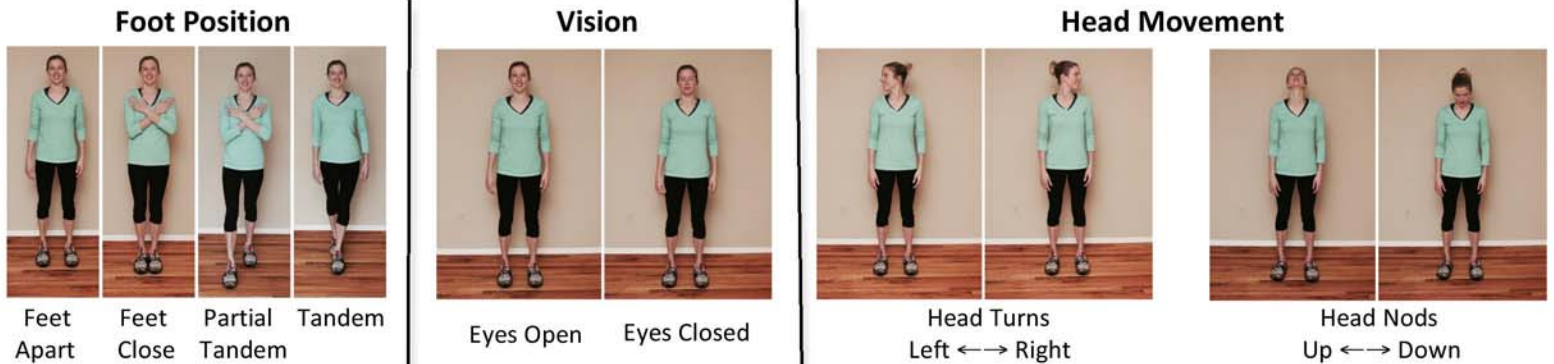


Vestibular Rehabilitation

Sensory Integration Balance Training



Challenge your balance by picking a foot position and progressing from eyes open to eyes close. When ready, add in head movements. Make it your personal goal to hold each position for 30 seconds!

VOR x 1



Instructions: While holding a card arms length away with the letter "x" written on it, maintain a clear visual focus of the "x" while you rotate your head 45 degrees both left and right. Perform this for 1 minute. Progress this by changing foot positions.

Gaze Stabilization

VOR Cancellation



Instructions: While holding a card arms length away with the letter "x" written on it, move your head and arm synchronously in the same direction while maintaining your eyes on the moving target.

Dynamic Gait



While walking, take 2-3 steps then look to the left. While looking left take 2-3 steps and then look to the right. Repeat.



While walking, take 2-3 steps then look down. While looking down take 2-3 steps and then look up. Repeat.



While walking, maintain a clear visual focus on the "x" card held arms length away while you rotate your head 45 degrees both left and right.