

Additional customized vestibular rehabilitation exercises

Usually patient with PPPD aims to get attention by complaining in front of audience and by complaining about the regular and every day work. So when we attempt to customize programs for those patients we tend to describe something similar to the everyday activities.

- Hand to ball toss: promotes eye/ hand coordination, center of gravity training, and visual tracking. This can be modified by adding personnel to the task like making the patient pass ball to her children in a role play.



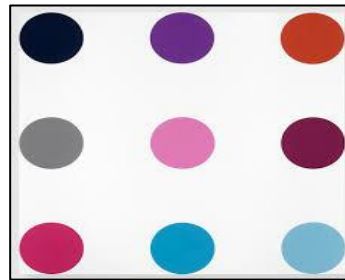
- Raise the hand to catch a target higher than the top of the head with the eyes following the hand up and down.



- Standing Sway: The trunk moves right and left with head still then moving, starting with wide then narrow base, at slow then fast rates, with a blank then occupied or moving background.



- Moving head and target in opposite directions.
- Counting dots on a wall with increasingly closer distance with increasingly faster rate (in the below picture patient moves his/her eye up and down between dots and then right and left with variable speeds).



- Counting dots placed on the walls that can be done while walking (similar charts like the previous one could be placed on 2 adjacent walls with the patient shifting his/her eyes between the dots, right and left).
- Standing on a small chair, descend and turn to ascent on it again like climbing the stairs.
- Standing to sit and sitting to stand exercise.

