



Exercises to Reduce Dizziness



VOR X1 - Vestibular Ocular Reflex

Write a character of the alphabet on a sticky note (or use a business card) and place it on a wall at eye level approximately one arm's length away.

Keep your eyes on the alphabet character while rotating your head from left to right. Keep it in clear focus the entire time.

Frequency:

___ / Day
___ / Week

Sets: ___

Reps: ___

Weight: ___

Time: ___



VOR X1 Vertical - Vestibular Ocular Reflex

Write a character of the alphabet on a sticky note (or use a business card) and place it on a wall at eye level approximately one arm's length away.

Keep your eyes on the character while tilting your head up and down. Keep it in clear focus the entire time.

Frequency:

___ / Day
___ / Week

Sets: ___

Reps: ___

Weight: ___

Time: ___



VOR Cancellation Horizontal

Extend arms out in front of you and stack your thumbs on top of each other. Rotate at your trunk with arms extended as shown in the picture. Have your eyes focused on your thumbs. Do this motion for 20 seconds at a time.

Frequency:

___ / Day
___ / Week

Sets: ___

Reps: ___

Weight: ___

Time: ___

This content is for informational and educational purposes only. It does not take the place of medical advice or treatment from a physical therapist or other healthcare provider. Please consult with a physical therapist or healthcare provider for specific health concerns or questions.