



Exercises to Reduce Dizziness



VOR X1 - Vestibular Ocular Reflex

Write a character of the alphabet on a sticky note and place it on a wall approximately 1 to 2 feet in front of you.

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

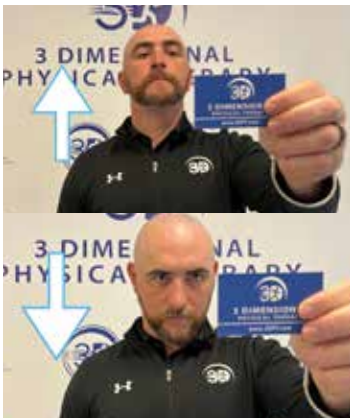
___ / Week

Sets: ___

Reps: ___

Weight: ___

Time: ___



VOR X1 Vertical - Vestibular Ocular Reflex

Write a character of the alphabet on a sticky note and place it on a wall approximately 1 to 2 feet in front of you.

Keep your eyes on the alphabet 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. Move arms, trunk, head, and eyes to the left and right 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.