



EAR, NOSE, THROAT, AND SINUS CLINIC

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**REHABILITATION PROGRAM FOR POSITIONAL VERTIGO**

Instructions:

Perform the following exercises twice daily, once in the morning and again in the evening. Perform them in an open area, where you cannot injure yourself in the event of a fall. If any of the exercises cause pain, then stop and notify your physician or therapist so the program can be modified. It is expected that you will become dizzy while performing these exercises. This dizziness may become worse over the first week. If the dizziness continues to worsen after 7 days, then discontinue the program and contact your physician or therapist.

Perform these exercises faithfully until they no longer cause dizziness. From that point, continue to perform them twice daily for at least 2 more weeks to ensure complete relief of symptoms. You may wish to continue them on a once-daily basis indefinitely. If your dizziness returns in the future, you should reinstitute this program.

If you do not notice an improvement in your symptoms within 6 weeks, you may require an exercise program customized to your particular needs. In this event, contact your physician or therapist for more information.

Exercises:

- I. Sit upright on the edge of the bed with your feet flat on the floor dangling straight down. Quickly lie down onto your LEFT/RIGHT side, swinging your feet up onto the bed. Remain in this position for 30 seconds, even if dizziness occurs. Then swing your feet back over the edge of the bed and sit up quickly into the original position. Wait 30 seconds and then repeat this exercise three more times.
  2. Sit upright in a comfortable chair and bend your head quickly up and down (as if nodding your head "yes"), looking alternately at the floor and the ceiling 5 times. Wait 10 seconds or longer, until the dizziness passes, and repeat the whole exercise three more times.
  3. Still sitting in the chair, tilt your head up and to the LEFT/RIGHT, looking at the ceiling. Hold the position for 30 seconds, and then return your head to the original neutral position. Wait 30 seconds again. Then repeat the exercise three times.