

**THE JOHNS HOPKINS OUTPATIENT CENTER
VESTIBULAR REHABILITATION PROGRAM**

Patient Access Specialist for Karen L. Mark (410) 955-1640
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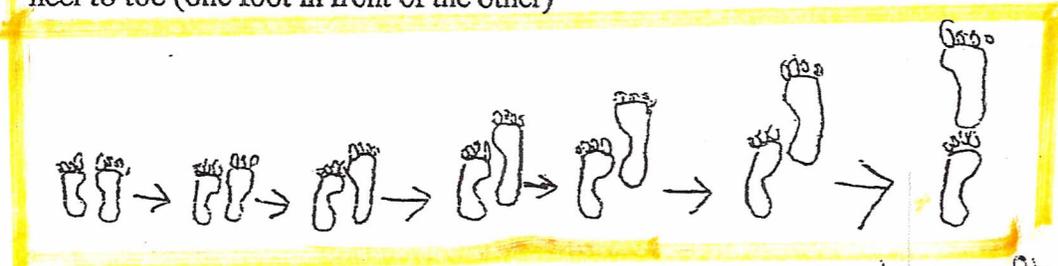
Static Balance Exercises

The purpose of these exercises is to enhance your static balance (balance when you're standing still) even when deprived of vision, proprioception of normal vestibular inputs. The activities are supposed to help you develop balance strategies to improve your standing stability. On all of these exercises you should take extra precautions so you do not fall.

1. _____ Stand with your feet as close together as possible with both hands helping you maintain your balance by touching a wall. Take your hand or hands off the wall for longer periods of time while maintaining your balance. Try moving your feet even closer together. Repeat this for _____ minutes _____ times each day.
2. _____ Repeat exercise #1 with eyes closed, at first intermittently and then continuously, all the while making a special effort to mentally visualize your surroundings.
- (#1) 3. ✓ _____ Stand with your feet shoulder width apart with eyes open, looking straight ahead at a target on the wall. Progressively narrow your base of support from:

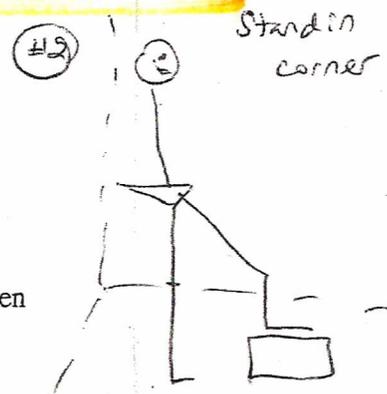
feet apart to
feet together to
a semi-heel to toe position to
heel to toe (one foot in front of the other)

EASIER



- Change your foot position one inch at a time.
- Hold each position for 20 seconds. → 2 minutes

Do the exercise _____ with arms outstretched and then
 _____ with arms close to your body and then
 ✓ _____ with arms folded across your chest.



Repeat this exercise _____ times each day.

4. Do exercise #2, while looking at the ceiling (head up about 45°.)
5. Do exercise #2, while looking at the floor (head down about 45°.)
6. _____ Repeat exercise #2 with eyes closed, at first intermittently and then continuously. Make a special effort to mentally visualize your surroundings.

HARDER

_____ Repeat # _____ above but while standing on a foam pillow.

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Dynamic Balance Exercises

The purpose of these exercises is to force you to develop strategies of performing daily activities even when deprived of vision, proprioception or normal vestibular inputs. The activities are supposed to help you develop confidence and establish your functional limits. On all of these exercises you should take extra precautions so you do not fall.

1. _____ Walk close to a wall with your hand available for balancing. As this becomes easier, walk with a more narrow base of support. ~~Finally, walk heel to toe.~~ The goal is to walk heel to toe without touching the wall. Do this with your eyes (open/closed). Practice for 2 minutes. 
2. _____ ^{Progression: Add head turns} Walk close to a wall and turn your head to the right and to the left as you walk. Try to focus on different objects as you walk. Gradually turn your head more often and faster. Practice for 2 minutes.
3. _____ Repeat exercise #2 while counting backwards from 100 by 35 out loud. Practice for 2 minutes.
4. _____ Practice turning around while you walk. At first, turn in a large circle but gradually make smaller and smaller turns. Be sure to turn in both directions.
5. _____ Take 5 steps and turn around to the right (180°) and keep walking. Take 5 more steps, turn left (180°) and keep walking. Repeat 5 times. Rest. Repeat the entire sequence 1 times per day.
6. _____ Walk while looking at the ceiling (head up about 45°) and down at the floor (45°). Practice this for 2 minutes.
7. _____ Take a few steps with your eyes open. Continue walking, but close your eyes for several steps. Keep walking while intermittently opening and closing your eyes for brief periods of time. Practice this for _____ minutes.
8. _____ Practice walking in a grocery store. To make it more difficult:
first hold onto a cart, then try it without a cart.
first go when there are few people there, then when it is crowded.
first walk up and down only a few aisles, then many aisles.
9. _____ Practice walking in the mall:
first when it is not crowded.
then when it is crowded but walk with the flow of the crowd.
then when it is crowded but walk against the flow of the crowd.
10. _____ Participate in:
golf
tennis
racquetball