

Physiotherapy

Department of Rehabilitation

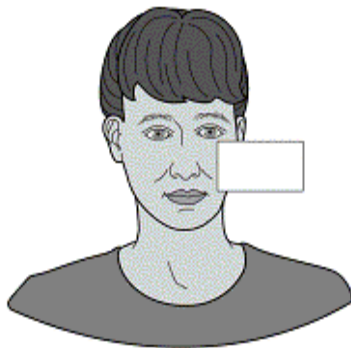
Gaze Stabilisation Exercise

Introduction

- The Vestibular Ocular Reflex (VOR) is responsible for gaze and vision stability during head movement.
- If affected, mismatch signals from your eyes and inner-ears are sent to your brain, causing dizziness or imbalance.
- This exercise trains the VOR to reduce mismatch signals sent. Thereby, reducing the amount of dizziness and sensation of imbalance experienced.

Instructions

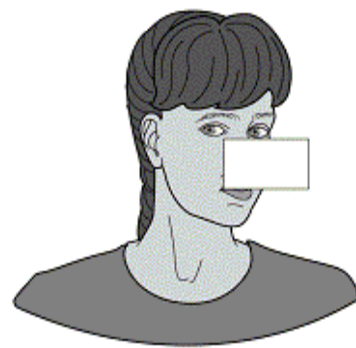
- Hold the gaze target (e.g. your thumb at one arm's length or paste a piece of paper on the wall). The target should be at your nose level.
- Slightly tilt your head downward. Turn your head:
 - left to right;
 - up and down, at a comfortable speed while focusing on the target.
- Perform the exercise ___ times ___ sets per day
- Progression:
 - Do the exercise while: sitting down → standing with feet apart → standing with feet together → standing with one foot in front of the other → standing on foam → marching on the spot → walking
 - Speed of head turning to increase gradually
 - Change the background target is held: clean background → complicated background



Step 1: Focus on the target at all times



Step 2: Turn your head to the right



Step 3: Turn your head to the left

Special Note

- It is normal to feel mild to moderate amount of dizziness or nausea when performing the exercise. Take a rest in between exercises should you feel dizzy.
- The level of symptoms should return to before exercise within 15-20 minutes after the exercise.
- Symptoms should decrease in 4-6 weeks if the exercises are done as advised.

Disclaimer:

The information provided in this publication is meant purely for educational purposes and may not be used as a substitute for medical diagnosis or treatment. You should seek the advice of your doctor or a qualified healthcare provider before starting any treatment or if you have any questions related to your health, physical fitness or medical conditions.