Vestibular Rehabilitation Therapy (VRT) - x 1 Viewing

About VRT

Vestibular relates to the inner ear and a person’s sense of balance. People with vestibular problems may have dizziness and related problems. Vestibular Rehabilitation Therapy, or VRT, is a program to help improve coordination, movement, and daily living for people with vestibular problems. This handout describes an exercise used for treatment.

VRT exercise

1. Write a word on a card. Hold the card at arm’s length, so you can see it clearly.
2. Keep your eyes focused on the word.
3. Move your head side to side as fast as you can, keeping the word in focus at all times.
4. Do this for 1 minute without stopping if you can.
5. If the word becomes hard to read, try moving your head slower.
6. Only stop if the word becomes unclear, or you are very dizzy.
7. Repeat this exercise while moving your head up and down, again, keeping the word in focus.
8. Do this exercise 3 to 5 times a day.

Exercise options

- Sit during exercise.
- Stand with your feet apart: distance _____.
- Stand on a foam cushion with your feet apart: distance _____.
- Stand in front of a busy patterned background, such as wallpaper, TV, or busy wrapping paper on the back of a door.
- Stand on foam in front of a busy patterned background.

Talk to your doctor or health care team if you have any questions about your care.

For more health information, contact the Library for Health Information at 614-293-3707 or e-mail health-info@osu.edu.

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