

Vestibular Rehabilitation Therapy (VRT) - x1 Viewing



THE OHIO STATE UNIVERSITY
WEXNER MEDICAL CENTER

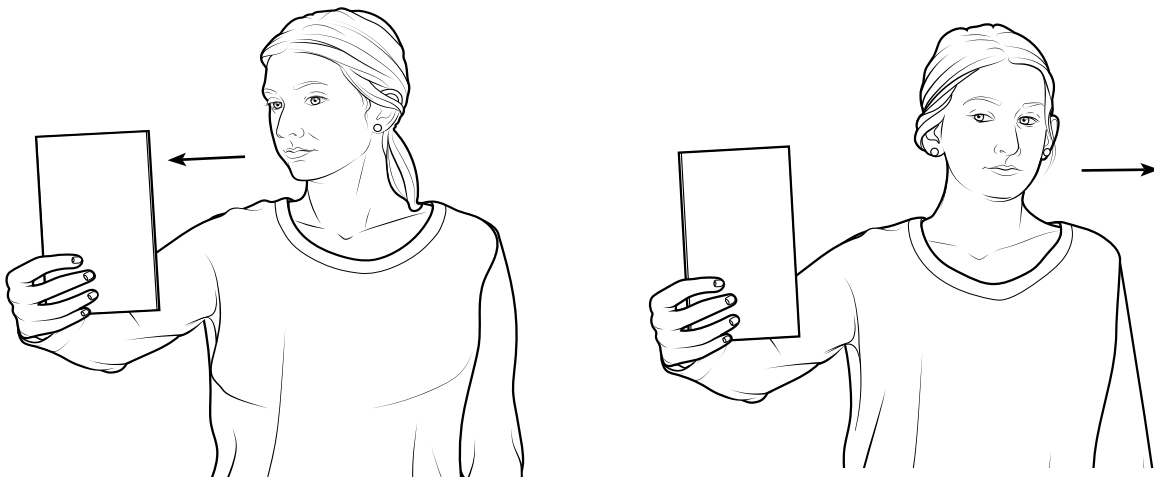
About VRT

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

Do this exercise **3 to 5 times a day**.

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, holding the card still while 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.

Exercise options

These get more difficult as you go down the list:

- Sitting
- Stand on the floor with your feet shoulder width apart
- Stand on the floor with your feet together
- Stand on a foam cushion with your feet should width apart
- Stand on a foam cushion with your feet together
- Stand on the floor in front of a busy pattern, such as wallpaper or wrapping paper, with your feet apart
- Stand on a foam cushion in front of a busy pattern with your feet together

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**.