

Vestibular Rehabilitation Therapy (VRT) - x2 Viewing



THE OHIO STATE UNIVERSITY
WEXNER MEDICAL CENTER

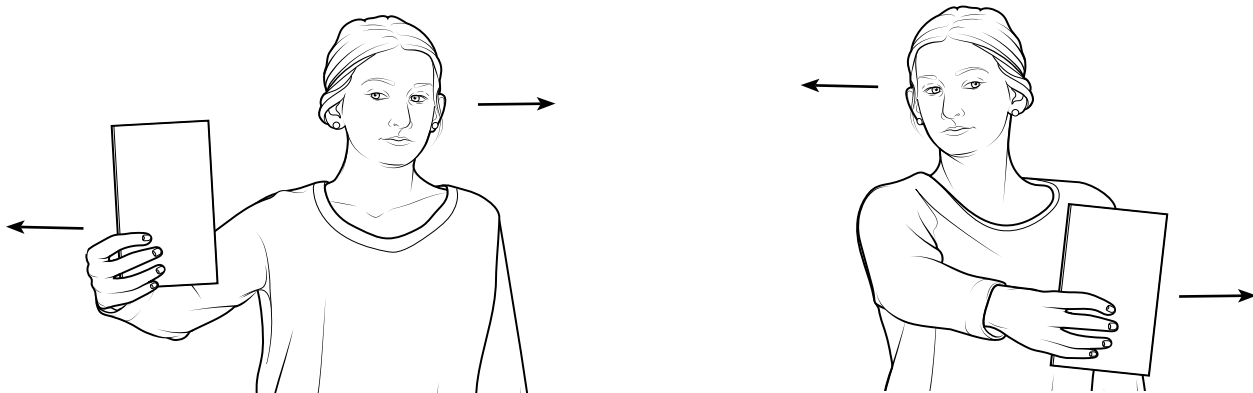
About VRT

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 2 times each day.

1. Write a 1 inch "B" on a plain piece of paper. Hold this paper at arm's length, so you can see it clearly.
2. Keep your eyes focused on the letter while you move the paper and your head from **side to side in opposite directions for 1 minute.**
 - For example, when your head turns to the right, you should move the paper to the left, keeping your eyes on the letter.
 - You should only be turning your head about 30 to 40 degrees in either direction when you turn.



3. Do this motion slowly for up to 1 minute. Stop sooner if you lose focus of the letter or if you become too dizzy.
4. Stop and wait for any dizziness to go away, and then rest for another 20 seconds.
5. Do this for a **total of 5 minutes.**

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**.