

vestibular training

WHY?

Vestibular exercises, are performed to improve balance and reduce dizziness and vertigo, particularly in individuals with inner ear or vestibular system disorders. These exercises help the brain adapt to the signals coming from the vestibular system, which is responsible for balance, and can lead to improved overall stability and quality of life.

WHAT ELSE CAN IT HELP?

As adults we don't challenge our movement like we once did, typically. "If you don't use it you may lose it."

As we coordination vision and vestibular exercises it helps these two systems (or sensory inputs) work together synergistically. When this happens our system is happier and doesn't feel under threat.

Your system feeling under threat can lead to numerous issues and concerns that can be helped with this type of training.

THERAPEUTIC BENEFITS:

reduce "non vertigo" dizziness
vertigo

improving inner ear function
improved balance
reduced headaches

nervous system regulation
reduced anxiety
improved focus

improved strength for every day activities
feeling of safety
sensory tolerance

VISION EXERCISES WITH HEAD TURNS OR BODY MOVEMENTS |

Why? Your vision and vestibular system work hand in hand to help you orient and move safely in space. Doing the vision exercises on the other poster with your head in different positions and while moving become very vestibularly helpful! The VOR exercises are especially helpful.

How? See the Vision Training poster and do the progressions.

GO FOR A WANDER |

Why? Moving your body with your head moving and not just looking straight ahead creates a great challenge on your inner ear system.

How? Simply go for a walk and observe your environment but looking all around. You can do this on the elliptical, treadmill and even bike.

BOX AND DODGE |

Why? Weight shifting, side bending, hand/eye coordination, all help to challenge your coordination which helps balance.

How? Punch the punching bag out in front of you and try to side bend to dodge its bounce back. Try dodging either direction. This in itself takes coordination!

BLAZEPODS|

Why? BlazePods are light up pods that you can place in different positions, including the blue wall mounts. With the BlazePod app on our iPad you can pick a program to challenge you in different ways. The lights help create an added challenge. If you time yourself and try to get better each time, the challenge of that creates a healthy stress on your system to help build resilience. Plus depending on if you set rules like: hit pink with the right hand and blue with the left hand, you created a cognitive challenge. Cognitive challenges with balance really enhance learning.

How? As we work toward a separate set up here by the Vision & Vestibular wall, you can ask a gG staff to help you set up the BlazePods to try some programs. The single leg stance program is a good generic one that you can set the BlazePods up by customizing the settings. You don't have to do single leg standing it is just a good way to get the pods lighting the way you want.

TRAMPOLINE OR VIBRATION PLATFORM |

Why? Changing the surface you are standing on adds different sensory input into your body and that causes different challenge to your eyes and inner ear. Plus, it can be more fun!

How? Simply stand and turn your head. Ask someone to play catch with you. Try marching. Weight shift side to side, then add a reach. There are many options.

SWINGING |

Why? Rhythmic swinging helps the crystals in your ear canals move and so helps your brain orient to different planes of movement. It's relaxing. A relaxed system feels more safe and can learn better.

How? Simply swing. You can be seated. You can recline. Lay in a hammock. Lay over an exercise ball and rock back and forth. Lay on the table and roll side to side. Float in a pool, especially laying down.

CLASSIC BALANCE |

Why? Challenging your balance is simply good. It helps you stay strong and reactive to reduce falls.

How? There are a huge amount of things you can do to work on your balance. The things listed above are great. Or you can simply stand on 1 leg for 20 seconds. Stand with tandem feet. Walk across the green balance beam. Stand on the wobble board. Do your exercises while on the Bosu Ball or an Exercise Ball, walk over hurdles, use the agility ladder, play catch with someone, do your favorite strength exercises standing on a different surface or with different foot positions. Close one eye and do your exercises. Close your eyes completely and do some exercises. Do the Vision Training poster.

Bluelight special: Adding a **cognitive challenge** of any sort while walking or doing a balance challenge enhances your sensory systems' attention to the activity and can help change happen more effectively!

GET INVERTED |

Why? This puts a unique challenge on your vestibular system by stimulating it and so helping coordination and focus. Plus, it can trigger your parasympathetic system which is your "rest and digest" side of your nervous system.

How? Simply sit and fold forward over your legs letting your head hang. Lay on your back with your legs up the wall. Drape on your belly partially or fully over an exercise ball and rest. Lay with your butt and legs up on pillows so your head is lower than your lower half.

TAKE A CLASS |

Why? Exercise classes can often help you move in different ways than your normally do on your own. Especially classes that have a balance component. But a variety of movement always has a balance component!

How? Try a class on your own. Try one of our classes for free. Do a class on YouTube.

CLEAN AND OR ORGANIZE YOUR HOUSE |

Why? Bending, lifting, weight shifting, stretching under a couch, planning, thinking, sweating...all of this is changing your movement pattern!

How? Just pick something to clean or organize but don't just sit still.

GET IN THE POOL |

Why? You move different in water, your background is moving different, hydrostatic pressure of the water feels different on your body. You can move more comfortably. You can use noodles or the floating chair to help you float and glide which feels good.

How? Get in!

GET ON THE FLOOR |

Why? Listen, we get it, it can be hard for some. But way too many of us use a variety of excuses to stop getting on the floor. If you are at all able, get on the floor every day. It helps flexibility, strength, confidence, and balance. Keep this up to keep your overall movement repertoire bigger.

How? Just try it. Have a stool or chair handy to help guide you up or down. Let a therapist or trainer help you learn a routine if you can't do it right now. We have pads you can put on the floor to help it feel more comfortable on your knees. Let this be a goal to help keep you motivated to stay strong.