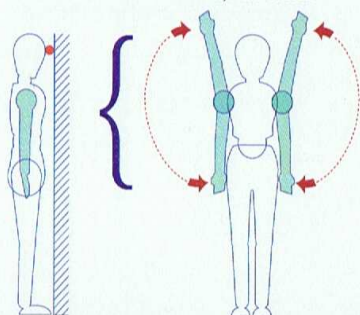


Balance Exercises
Back in Business Physiotherapy
Suite 705, 107 Walker Street, North Sydney
9922 6806

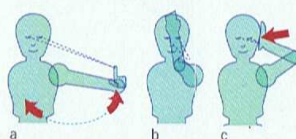
- Virtual reality systems to accommodate the need for 'whole body balance' treatment –WiiFit balance exercises, ball-head activities, eye tracking activities
- Eye-head coordination
 - a. Moving the eye balls with eyes open and shut – up/down, left & right – 7 reps
 - b. visual tracking tasks with the head still (see fig 11)
 - c. gaze stability exercises whilst moving the head slowly and later progression to rapid movements – maintain fixed eyes on a target
 - d. keeping the gaze stability whilst moving in phase with the head into sitting, standing and walking
 - e. moving the trunk or varying the surface (eg soft) whilst maintaining the gaze on a fixed target (see fig 12 below)
- Balance exercises
 - a. Walking with saggital (fwd/bkwd) and transverse (rotation) plane movements of the head and neck
 - b. Walking a distance and turning rapidly and walking back
 - c. Standing on a balance board making various head movements progressing to tracking a moving object
 - d. Walking on a treadmill detecting movements in the periphery without looking
 - e. Walking blindfolded
- Shock absorbing through the use of a trampoline in standing
- Task dependent exercises
Repeat the movement that makes one dizzy
- General endurance exercise
Cardiovascular training

10. TENNIS BALL
REPETITIONS: 1 x 3

Hold tennis ball with forehead against wall and chin tucked in. Raise arms sideways above head.



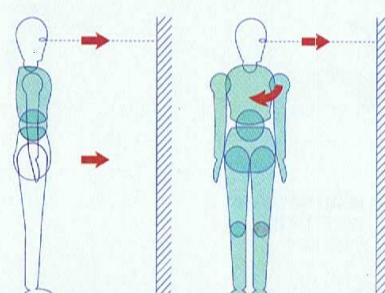
11. OCCULOMOTOR TRACKING A
REPETITIONS: 1 x 3

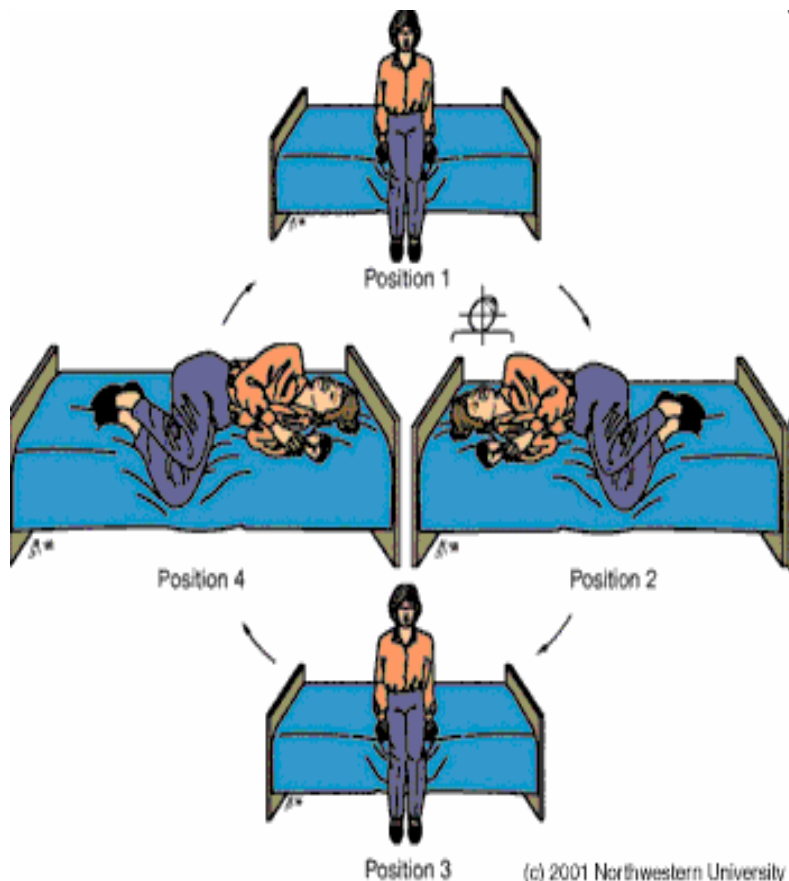


a) Nose to finger alignment and rotation.
b) Hand on top side of head, look down sideways towards shoulder, gently press head sideways into hand. No movement.
c) Palm on side of face, look into palm of hand and press gently into rotation. No movement.

12. OCCULOMOTOR TRACKING B
REPETITIONS: 1 x 7

Focus on spot on wall, rotate body. Can use spotlight on head.

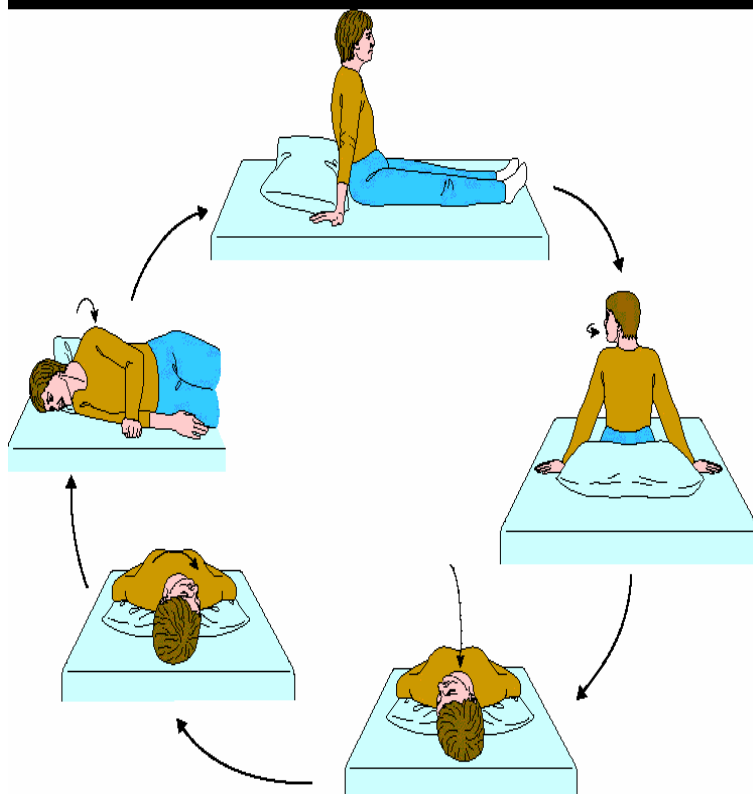




Position 3 (c) 2001 Northwestern University

Brandt Daroff, sitting to supine to side lying left and right with head angled upward about 1/2 way : "like looking at someone standing 2metres away from you and you look at them all the time

- 3 sets per day for 2 weeks
- 1 repetition takes 2minutes, 3secs in each position, repeat 5 times (total 10minutes)



(c) Clinical Neurophysiology and Neurology, 2007

Hallpike-Dix: Home Epley Manoeuvre : hold each supine position for 30secs and the sitting position for 1minute, repeat 3 times just before sleeping. Total 2 1/2minutes x 3 = 7 1/2 minutes