

Reducing dizziness (adaptation exercises)

Dizziness can be reduced by performing the exercises below (adaptation exercises) regularly. It is recommended to do the exercises twice a day for ten minutes.

Exercises laying down

Eye movement; initially slowly, gradually faster:

- alternately looking up and down;
- alternately looking left and right;
- alternately looking near and far.

Head movement; initially slowly, gradually faster:

- alternately bending forwards and backwards;
- rotate alternately to the left and right.

Physical exercise:

- from a sitting position alternately lie on the left and right side;
- alternate left and right side positions.

Exercises in a sitting position

- raising and turning shoulders;
- bend over and pick up objects from the ground;
- head and torso alternately turn to the left and right;
- sit down / lie down.

Exercises in standing position

- Throwing a ball over your head from one hand to the other.