

# Vertigo: Exercises

## Introduction

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Here are some examples of exercises for you to try. The exercises may be suggested for a condition or for rehabilitation. Start each exercise slowly. Ease off the exercises if you start to have pain.

You will be told when to start these exercises and which ones will work best for you.

## How to do the exercises

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### Exercise 1

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1. Stand with a chair in front of you and a wall behind you. If you begin to fall, you may use them for support.
2. Stand with your feet together and your arms at your sides.
3. Move your head up and down 10 times.

### Exercise 2

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1. Move your head side to side 10 times.

### Exercise 3

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1. Move your head diagonally up and down 10 times.

### Exercise 4

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1. Move your head diagonally up and down 10 times on the other side.

**Follow-up care is a key part of your treatment and safety.** Be sure to make and go to all appointments, and call your doctor if you are having problems. It's also a good idea to know your test results and keep a list of the medicines you take.

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