

Introduction to balance retraining

Hearing Services Department

Information for patients

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Introduction

The following exercises give you an introduction to balance retraining. They help to reduce the feeling of dizziness or imbalance after an inner ear problem.

Balance retraining

Do the following exercises at a speed where you start to feel dizzy or off balance.

1. Shake your head from side to side with eyes open 10 times.
2. Nod your head up and down with eyes open 10 times.
3. Shake your head from side to side with eyes closed 10 times.
4. Nod your head up and down with eyes closed 10 times.

Do these exercises while looking at the X below. Do them at a speed where the X becomes slightly blurred. Hold the sheet at arms length or fix to a wall and sit 1 metre away:

5. Stare at the X and shake your head from side to side 10 times .
6. Stare at the X and nod your head up and down 10 times .

X

At first, do the exercises seated. If you do not have any symptoms during an exercise, do it standing up.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

Other exercises

You can find dizziness not comfortable and not easy. This breathing exercise can help:

- Sit or lie down in a comfortable place and close your eyes.
- Place 1 hand on your chest and the other on your tummy.
- Breath in through your nose for 2 seconds. Avoid breathing into the top of the chest. Let your tummy gently rise.
- Feel the hand over your tummy move. Breath out for 4 seconds. Repeat.
- Try to practice this exercise every day.
- Use this exercise if you feel dizzy, sick or uneasy (anxiety).

Contact us

Online contact form (preferred): <https://florey.accurx.com/p/RWEHS>

E-mail: hearingservices@uhl-tr.nhs.uk

Telephone: 0116 2586230

Feedback

We welcome your feedback. Visit <https://tinyurl.com/LeicesterBalanceCentre> or scan the QR code to access our feedback form.

Hospital site: Leicester Royal Infirmary

Type of clinic: Balance/Hearing LRI

Ward/clinic: Balance clinic LRI



اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

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Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

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