

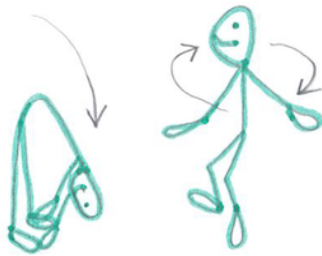
What are vestibular exercises?

These are exercises designed to provide stimulation to the vestibular system (our sensory system that lets us know if our bodies are moving, how fast and in what direction we are heading). They do so by using a change in head position.

Why are vestibular exercises important?

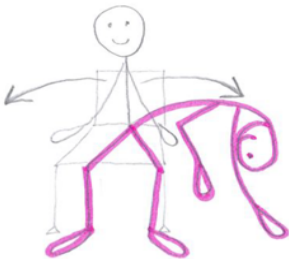
When vestibular input (e.g. rocking, bouncing, bending, rolling) is provided, it can have a calming or alerting effect on students who are over stimulated or under stimulated. When in a calm and alert state, students can pay attention to what they see and hear and are more prepared to learn. These exercises can provide an opportunity to stimulate the vestibular system without leaving the classroom. They provide an option for vestibular input while needing very little space.

Practice the following exercises to improve vestibular input:



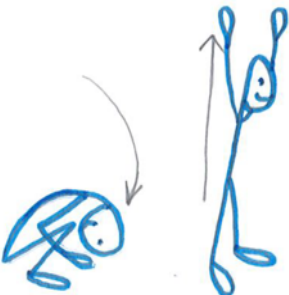
JMCC, Occupational therapy department. Vestibular exercises

- Bend forward to touch your toes until your head is upside down. Exhale.
- Stand up. Inhale.
- Turn around.
- Do 5 times.
- Turn different directions each time.



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- Lean to the right until your head is upside down. Exhale.
- Sit up straight. Inhale.
- Lean to the left until your head is upside down. Exhale.
- Sit up straight. Inhale.
- Repeat 5 times.



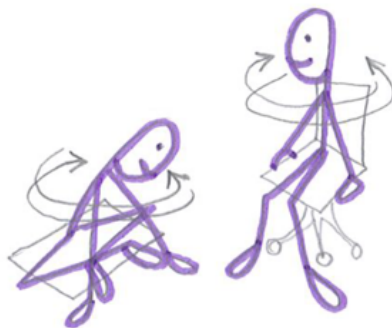
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- Curl into a ball until your head is bent down. Exhale.
- Stand up with your arms straight over-head. Inhale.
- Repeat 5 times.



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- Lunge to the right. Exhale.
- Reach for your toes, until your head is upside down.
- Stand up straight. Inhale.
- Lunge to the left. Exhale.
- Reach for your toes until your head is upside down.
- Stand up straight. Inhale.
- Repeat 5 times.



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- Sit on a spin board, scooter or swivel chair.
- Use your hands or feet to turn yourself to the right 5 times.
- Try not to look at anything too long while turning. Let your gaze move around with your head.
- Stop. Once the room is no longer spinning, turn yourself to the left 5 times.
- *you can do this only once or another couple times, depending on your tolerance and enjoyment*



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- Hold one arm out straight along the side of your face.
- Move your arm and head together to draw a figure eight "∞".
- Make sure your head and eyes are following the movement of your hand drawing the figure eight.
- Breathe in and out slowly while drawing the figure eight.
- Repeat 5 times.