

INSTRUCTIONS For VERTIGO

- Completely avoid the vasoconstrictors caffeine (coffee) and nicotine (cigarettes) Caffeine free drinks like Sanka are permitted.
- Minimize dietary salt intake.
- Take the medications prescribed over a period of approximately 10 days unless otherwise instructed and then discontinue them. They are to be resumed again in the event of recurrence of symptoms and you are to return to doctor as advised.
- Make a conscientious effort to minimize stressful situations in your home, social, and business life.
- Be extremely cautious driving a vehicle or working in high places which -night be dangerous either to yourself or to others. If you do not have warning regarding impending attack you must not undertake either of these activities.
- After the severe acute attack has subsided, labyrinthine exercises should be initiated if dizziness remains a problem. Exercises are to be carried out for fifteen minutes twice a day increasing to thirty minutes.

Eye exercises: Looking up, then down—at first slowly, then quickly, 20 times. Looking from one side to other—at first slowly, then quickly, 20 times. Focus on finger at arms length, moving one foot and back again, 20 times.

Head exercises: Bend head forward then backward with eyes open—slowly, later quickly, 20 times. Turn head from one side to other side—slowly, then quickly. 20 times. As dizziness improves, these head exercises should be done with eyes closed.

Sitting: While sitting, shrug shoulders, 20 times. Turn shoulders to right then to left 20 times. Bend forward and pick up objects from ground and sit up, 20 times.

Standing: Change from sitting to standing and back again, 20 times with eyes open. Repeat with eyes closed. Throw a small rubber ball from hand to hand above eye level. Throw ball from hand to hand under one knee.

Moving about: Walk across room with eyes open, then closed, 10 times. Walk up and down a slope with eyes open, then closed, 10 times. Walk up and down steps with eyes open, then closed, 10 times. Any game involving stooping or turning is good.