

Watching A Moving Ball

When we checked you we found some problems with the way your balance system is working. It's important that your balance system, body movements and head and eye movements are coordinated together well for your body to work properly. If you want to do something help yourself we'd recommend these exercises would be useful.

If you have any problems, give yourself a break. Then try to redo the exercises but 50% more gentle. If you still have a problem try 50% more gentle again. If you still have problems then please stop the exercise and seek advice.

Tossing And Catching A Ball

This exercise is good if you have any problem with your balance or spinning.

- Use a medium-sized ball for this exercise: soccer ball, basketball, volley ball, etc.
- Keep your eyes fixed on the ball and move your head and eyes so that you are always looking at the ball.
- Toss the ball straight up into the air and catch it.
 - Start with 15-20 repetitions.
- Bounce the ball off a wall at least 6 feet away and catch it.
- Progress (as directed by the doctor).
 - By moving from sitting to standing.
 - By moving to playing catch with someone else, be sure to keep your eyes fixed on the ball at all times, using eye and head movements.
- Repeat 2-4 times per day
- It's important that your balance is regularly retested.

Moving A Ball In Circles

This exercise is good for you if you have any abnormalities in balance or feelings of dizziness when spinning, moving your head or eyes, or being able to see clearly when moving your head.

- Use a medium-sized ball for this exercise: soccer ball, basketball, volley ball, etc.
- Keep the eyes fixed on the ball and move the head and eyes so that they are always looking at the ball.
- Begin the exercise in sitting.
- Move the ball in a large circle, over the head and down almost sweeping the floor. Initially do this in one direction. You may be asked to continue to do this exercise predominantly on one side in the long term.
- Bend at the waist unless you have conditions that prevent this.
- Progress:
 - by moving to a standing posture
 - Feet shoulder width apart as your balance testing improves.
 - Feet together
 - One foot in front of the other
 - Standing on a unstable surface – wobble board, cushion

