

TAKE CONTROL OF VERTIGO



UNDERSTAND
YOUR
CONDITION⁹



TAKE YOUR
MEDICATION²⁻⁵



DO YOUR
EXERCISES⁶⁻⁸



Scan for 5 min video
of vertigo exercises

You may have been diagnosed with a vestibular disorder. Symptoms include vertigo/spinning, dizziness and imbalance.^{2,6,7} Some may also experience nausea and vomiting.^{2,3}

Some patients stop taking their medication when vertigo symptoms disappear. However, it is important to take your medication for as long as your doctor recommends. Studies show that frequency, severity and duration of vertigo attacks decrease over time with treatment.²⁻⁴

Your doctor may also recommend vestibular rehabilitation exercises to improve recovery.⁶⁻⁸

HOME EXERCISES FOR VERTIGO MANAGEMENT¹⁰

EYES



1. Hold your fingers in front of you with a distance of 30 cm. Focus alternately from one finger to the other with your eyes, while keeping your head still. Repeat 3 times, 1 minute each.



2. Hold your fingers straight with a distance of 30 cm above each other. Look alternately from one finger to the other, while keeping your head still. Repeat 3 times, 1 minute each.



3. Stretch your arm out in front of you with your thumb pointing upwards. Keep your head still, move your arm to the left and right, while keeping your eyes focused on your thumb. Repeat 3 times, 1 minute each.



4. Stretch your arm out in front of you with your thumb pointing upwards. Keep your head still, move your arm up and down slowly, while keeping your eyes focused on your thumb. Repeat 3 times, 1 minute each.



5. Stretch your arm out in front of you with your thumb pointing upwards. Now turn your head to the left and then to the right, while keeping your eyes focused on your thumb. Repeat 3 times, 1 minute each.



6. Stretch your arm out in front of you with your thumb pointing upwards. Now move your head up and down, while keeping your eyes focused on your thumb. Repeat 3 times, 1 minute each.



7. Stretch your arm out in front of you with your thumb pointing upwards. Move your right ear to the right shoulder and then the left ear to the left shoulder, while keeping your eyes focused on your thumb. Repeat 3 times, 1 minute each.



8. Move your thumb away until your arms are fully outstretched with your thumbs pointing upwards. Now move your upper body and your arms to the left and right, while keeping your eyes focused on your thumb. Repeat 3 times, 1 minute each.

HOME EXERCISES FOR VERTIGO MANAGEMENT¹⁰

SITTING



9. Repeatedly stand up and down from a chair. Focus your eyes on a point on your eye level. Repeat 3 times, 1 minute each. If this exercise is easy for you, challenge yourself by repeating this with one foot slightly in front of the other.

WALKING



13. Walk slowly on a straight line, placing one foot in front of the other and vice versa. Slowly decrease the distance of your footsteps. Exercise for 3 to 5 minutes. If this exercise is easy for you, challenge yourself by crossing your arms in front of your upper body.

SITTING/STANDING



10. This exercise can be done while sitting down or standing upright. Pick up an item that is placed on your right hand side, lift it up and transfer it to the left hand side, and put it down. Repeat by transferring it back to the right hand side. Repeat 3 times, 1 minute each.

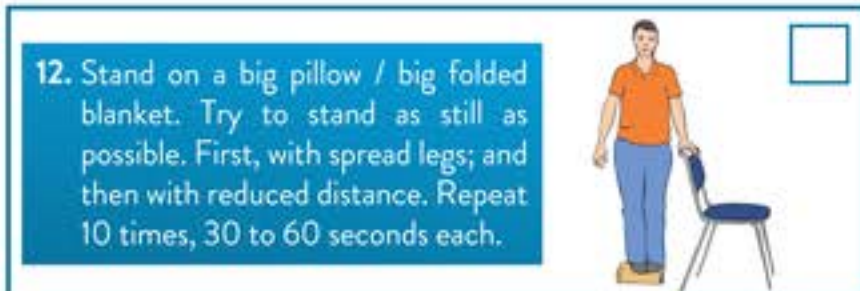


14. Align books or shoe boxes with a 1.5-meter distance. Walk this line in a normal pace, placing your feet in-between the items and try not to slow down. If this exercise is easy for you, challenge yourself by speeding up your pace or by reducing the distance between the items. Exercise for 3 to 5 minutes.

STANDING



11. Try to stand as long as possible on one leg, then change to the other leg. Repeat 10 times, 30 to 60 seconds each.



12. Stand on a big pillow / big folded blanket. Try to stand as still as possible. First, with spread legs; and then with reduced distance. Repeat 10 times, 30 to 60 seconds each.



15. Walk along a line. After every third step, turn your head alternately left and right. While walking back along the line, look up and down alternately, every third step. Exercise for 3 to 5 minutes.

Important:¹⁰

- These exercises may trigger dizziness or instability. This is how the vestibular system learns to adapt.
- Regular and long term exercise is key.
- Please consult your healthcare professional for a proper diagnosis and before performing these exercises.

References: 1. IQVIA MIDAS database Q1 2021 Release. 2. Bradoo R.A. et al. Management of Acute Vertigo with Betahistine. Indian J Otol Head Neck Surgery. 2000; 52(2). 3. Parfenov V.A. et al. Effectiveness of betahistine (48 mg/day) in patients with vestibular vertigo during routine practice: The VIRTUOSO study. PLoS ONE. 2017; 12(3): e0174114. 4. Magnan J. et al. European Position Statement on Diagnosis, & Treatment of Meniere's Disease. J Int Adv Otol. 2018; 14(2): 317-21. 5. Lacour M. & Sterkers O. Histamine & Betahistine in the Treatment of Vertigo: Elucidation of Mechanisms of Action. CNS Drugs. 2001; 15 (11) 853-870. 6. Mira E. Improving the quality of life in patients with vestibular disorders: the role of medical treatments & physical rehabilitation. Int J Clin Pract. 2008; 62, 1, 109-114. 7. Karapolat H. et al. Does betahistine treatment have additional benefits to vestibular rehabilitation? Eur Arch Otorhinolaryngol. 2010; 267:1207-1212. 8. Maged B.N. & Yasser T.M. Betahistine Dihydrochloride With & Without Early Vestibular Rehabilitation for the Management of Patients With Balance Disorders Following Head Trauma: A Preliminary Randomized Clinical Trial. J Chiropr Med. 2014; 13:14-20. 9. American Acad of Otol-Head & Neck Surgery (2021). AAO-HNSF Clinical Practice Guideline: BPPV. <https://www.entnet.org/content/sao-hnsf-clinical-practice-guideline-benign-paroxysmal-positional-vertigo-bppv>. Accessed Jul 2021. 10. Exercises adapted from: LMU Klinikum, German Vertigo & Balance Center. Physiotherapy for dizziness. Retrieved from: <https://www.lmu-klinikum.de/schwindelzentrum/fur-patienten/download-und-infomaterial/flyer-physio-bei-schwindel/c89d3f2f000a116c>, accessed Jun 2021. 11. Betaseric Singapore PI (Approved Jan 2018). 12. Sabine Jeck-Thole et al. Betahistine: A retrospective synopsis of safety data. Drug Safety. 2006; 29 (11): 1049-1059.

