

## VESTIBULAR ACTIVITIES

\*\* make any vestibular task more challenging by increasing speed or amount of movement in task.  
Can also add a cognitive demand to task.

STAGE 1	STAGE 2	STAGE 3
<ul style="list-style-type: none"> <li>• Dishwasher exercise- to chair</li> <li>• Blind spot check- sitting or standing</li> <li>• Padula cube</li> <li>• S walk</li> <li>• Slow infinity walk - keep fixation during turns</li> <li>• Standing 90° turns</li> <li>• Substitution exercises- horizontal and/or vertical</li> </ul>	<ul style="list-style-type: none"> <li>• Dishwasher - to stool or floor</li> <li>• Blind spot check with 180° turn</li> <li>• Infinity walk - lose fixation during turns</li> <li>• Chair spins - slow, 90° turns</li> <li>• Standing 180° turns</li> <li>• Coloured words sheet</li> <li>• VOR with stationary target</li> </ul>	<ul style="list-style-type: none"> <li>• Dishwasher - 360° turns, squats</li> <li>• Infinity walk - add Padula cube, coloured word worksheet, count backwards etc.</li> <li>• Chair spins - 180° turns, 360° turns</li> <li>• Standing 360° (can add a throw catch in between)</li> <li>• VOR in space or with moving target</li> <li>• Tandem walk with VOR</li> </ul>

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