

CONCUSSION HOME EXERCISES: VESTIBULAR/BALANCE

The following exercises are to be started only under the expressed guidance of a trained concussion specialist, after an appropriate evaluation with discussion of an overall post-concussion treatment plan.

If you don't feel that you can do the recommended number of these exercises, do only as many as you are comfortable doing.

One Leg Balance

- Stand on one foot while brushing teeth, brushing hair or even texting.
- Try to increase hold time to 30 seconds.
- Repeat on other foot.
- Repeat up to three times per day.

Tandem Gait

- Walk heel-to-toe forward 5-10 steps, then backward 5-10 steps with eyes open.
- Repeat up to three times.
- If tolerated OK (no loss of balance, no increased symptoms), then walk heel-to-toe forward and backward with eyes closed.
- Repeat up to three times.

Individual Ball Exercises

- Throw a small ball from hand to hand (above eye level) first seated, then standing, then walking forward and backward.
- Do for up to one minute.

Advanced Ball Exercises (in preparation for return to sport)

- Walk a circle around another person who will throw you a ball, and catch and return the ball. Can do for one minute, rest one minute, with up to three repetitions.
- Try light basketball shooting and rebounding (no impact or collision with others). Dribbling is okay if the noise does not bother you.
- Try light table tennis, or toss a tennis ball against a wall, catch and repeat.

Exercises developed by Chris Koutures, MD, board-certified pediatrician and sports medicine specialist.