



NOVEMBER VESTIBULAR CHALLENGE

Feet together, foam surface, head turns

Stand near a sturdy object, like a couch, sturdy chair, countertop, or kitchen sink.

- Put a foam pad or couch cushion/pillow below your feet.
- Stand on the uneven surface with your feet touching and eyes open
- Hold this position and complete 10 head turns left and right.
- Use your hands to help you out at the beginning, then let go, if needed.
- Repeat 3 times.

Scaling options

Easier:

- Do fewer or slower head turns
- Use your hands to support you for either short or long durations
- Start on a firmer surface

Harder:

- change turns
 - Vertical or diagonal
- Increase number or speed of turns



Balance

Challenge Tracker

MON	TUE	WED	THU	FRI	SAT	SUN

- Cross off each day you were able to practice your balance exercises!
- There's no failing here, It's just a fun way to measure success, and it's completely optional!
- Have you noticed improvements in your balance?