



Defense and Veterans Brain Injury Center

Concussion / Mild Traumatic Brain Injury Rehabilitation: Head Injury and Dizziness

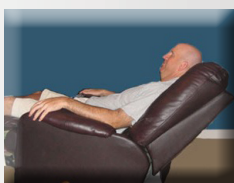
Why Am I Dizzy?

Dizziness is one of the symptoms that you may experience after a head injury. Often this is related to a problem with the inner ear, which is where balance is controlled. The dizziness may also be related to other problems with the inner ear or problems with your neck. It is common to also experience ringing / buzzing in your ears, ear pain, hearing loss, neck pain / stiffness or headaches.

What Can I Do?

Neck stretches - See additional handout out on "Headache & Neck Pain."

Modify activities - If your dizziness is brought on by a change in position (for example, sitting to standing, bending forward, etc.), move slowly and allow yourself a minute in the new position before moving again. Avoid sleeping on the "bad" side.

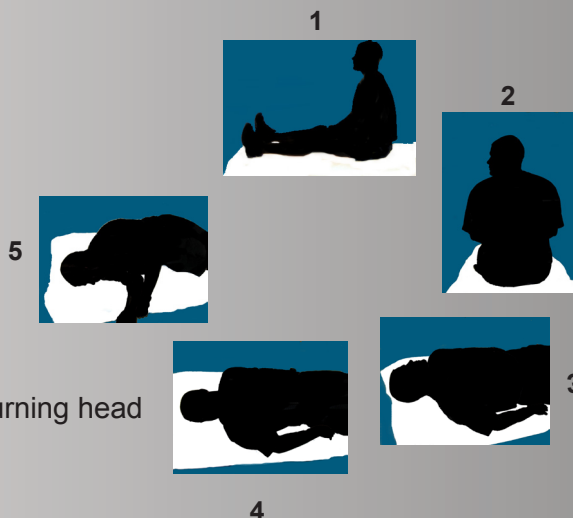


Change sleep position - If you are dizzy getting out of bed in the morning, consider sleeping in a semi-recumbent position, as shown in the picture.

At-Home Vestibular Rehabilitation Exercises

Hold each of these positions for 30 seconds:

1. Start by sitting upright in bed.
2. Turn head to the left.
3. Lie back.
4. Turn head to the right.
5. Roll over to the right side.
6. Sit up straight again.
7. Repeat in the opposite direction (ie: start by turning head to the right).
8. Repeat the entire sequence three times.



What to Expect?

The vestibular rehabilitation exercises will likely bring on your typical dizziness symptoms, but over time these exercises help train your body to overcome the dizziness. It is best to do these exercises on your bed right before bedtime. If your symptoms get worse after these exercises and do not return to baseline within an hour or two, consult your health care provider.

What Next?

If these exercises do not help your dizziness in about two weeks, talk to your health care provider, who will evaluate your dizziness and set up a treatment plan.

This tool is to be used as a patient education resource during a visit with your provider.

Developed by Subject Matter Experts from the DoD and VA

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