

# *How to* **Scale Movement** *with a vestibular disorder*

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# Why does it matter?

- Returning to movement is a marathon
- If you do too much too quickly, it will make you worse!
- This is a trial and error, so be sure to take your time here.
- If you do do too much, it's okay, again, it's trial and error!

**Slow and steady**  
*wins the race!*



# Why Movement is so Important

**Movement and exercise is one of the very best things you can do for your personal health.**

*Generally important:*

- **Cardiovascular health**
- **Strength & endurance**
- **Prevents and manages fatigue**
- **Boosts immunity**
- **Improves bone density**
- **Promotes better sleep**
- **Improves balance and coordination**
- **& more!**

*Vestibular reasons:*

- **Increases neuroplasticity**
- **Reduces anxiety and depression**
- **Enhances core strength for balance reaction**
- **Stimulates your vestibular system**
- **Reduces fatigue**
- **Reduces migraine frequency and intensity**
- **Improves outcomes for dizziness overall**
- **Reduces neck pain**
- **Improves posture**
- **Reduces vestibular attacks**
- **Improves PPPD symptoms**
- **& more!!**



# The Steps

1. Evaluate your baseline. What's your AVERAGE feeling?
2. What can you tolerate on a day to day basis for movement?
3. What way do you ENJOY movement?
4. How can movement be additive!
5. Add it up SLOWLY! Keep going!

# One: Baseline

1. Evaluate your baseline. What's your AVERAGE feeling?



# Two: Daily Movement

Include what you do day to day.

- Are you on the couch/bed most of the day? Are you on the go?
- Does movement make you dizzy?
- How do we ADD to this?
- How can you make intentional time for this?

☐

Laundry

☐

Make food for me/family

☐

Work

☐

Pick up kids from school

☐

Workout?!

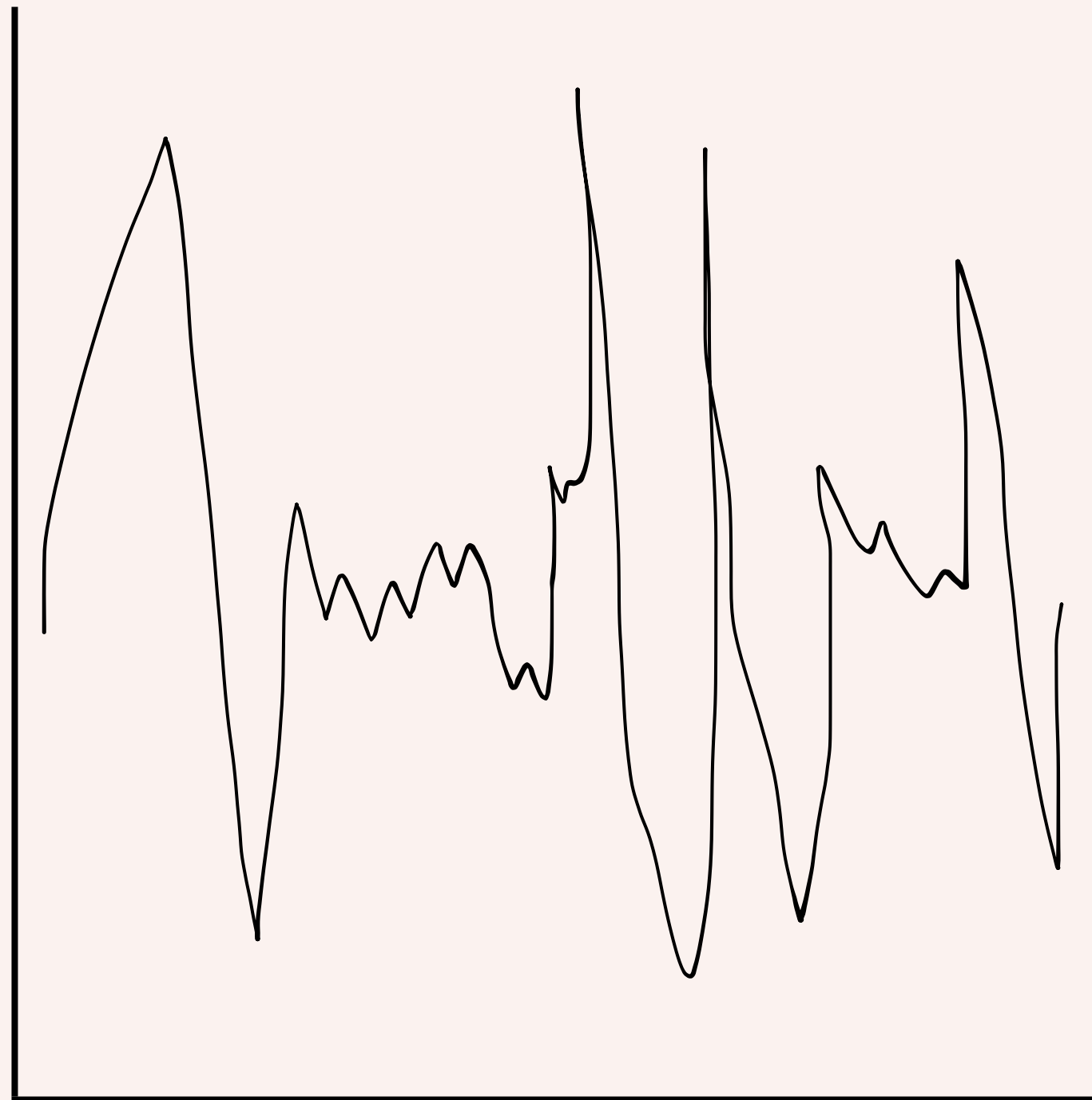
# Three: How do you like to move?

- Have you had some way you like to move in the past?
- Yoga?
- Pilates?
- Strength?
- Cardio?
- Dance?

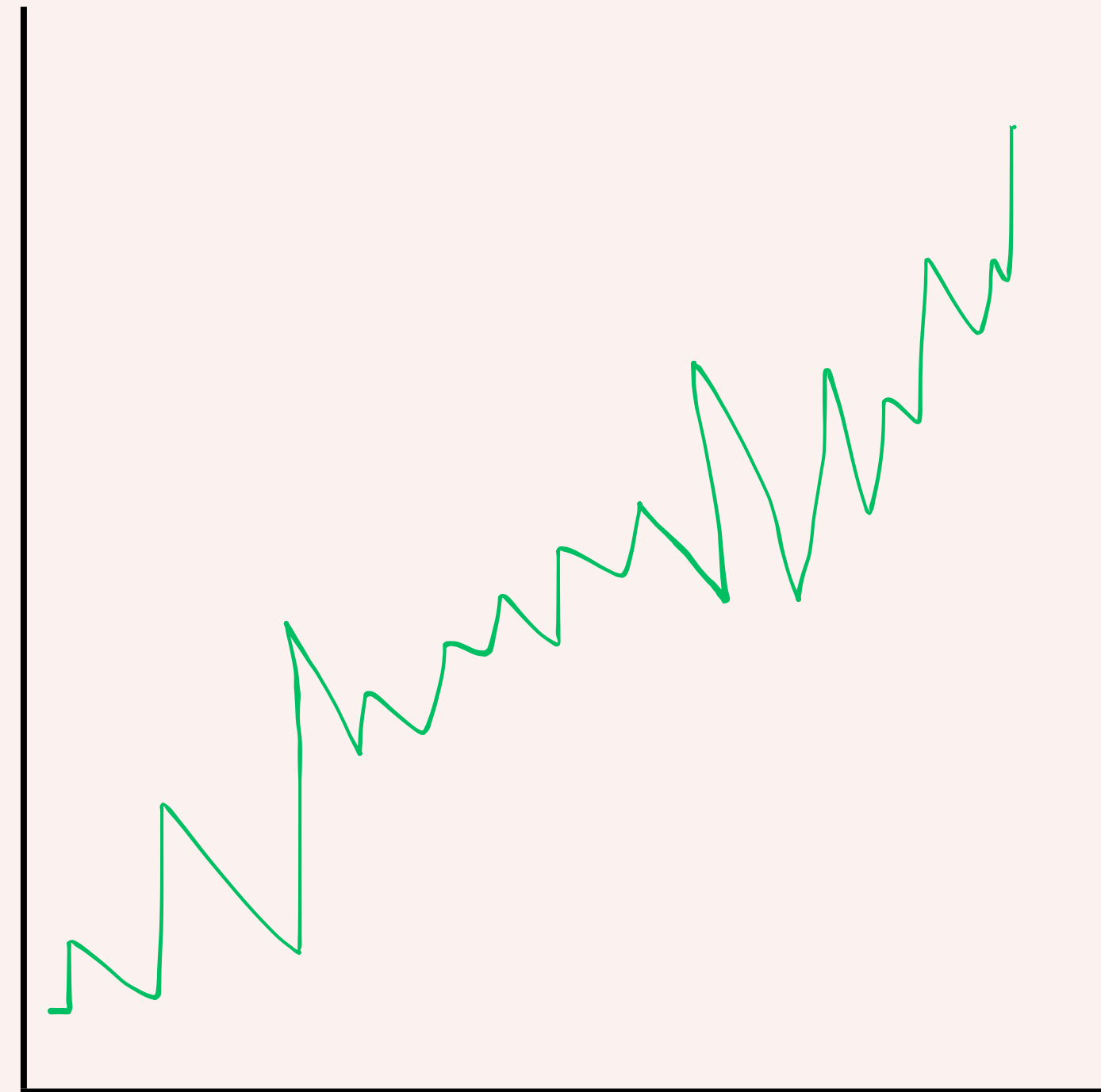
# Four: How can movement be additive?

Include what you do day to day.

- Are you on the couch/bed most of the day? Are you on the go?
- Does movement make you dizzy?
- What does intentional movement and time look like?

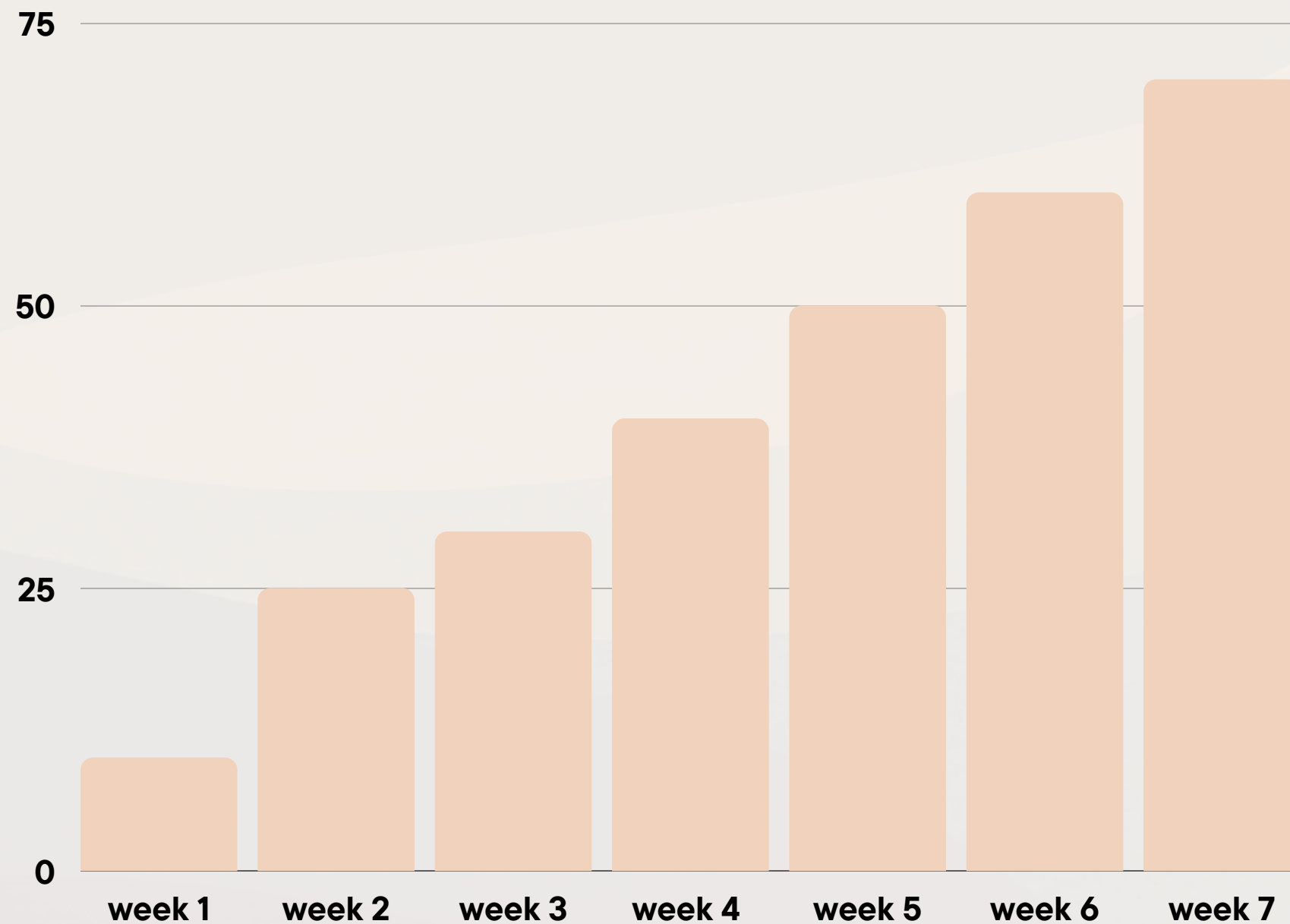


# Boom and bust cycles



# Pacing over time for energy

# Where should I begin?



- GO SLOWLY!
- Start with what you think may be below your baseline, and then add from there.
- Do NOT start where you were before your diagnosis, or even where you were before the flare!

# How to Modify Down



Sets/Reps

Weight

Time

## *TIME*

What is your current endurance for time you can spend in movement?

## *WEIGHTS*

Start with body weight. Then move up to 1-2# at a time. If you're shaky or exhausted after a few reps, drop the weight!

## *SETS/REPS*

This is how much can you do? Continuously check in with yourself on If you should be doing this? If you should adjust something?

# *Review!*

Start low and go slow!

Do less than you think you can do at first

Do something you like!

Quit while you're ahead!