



Dishwasher Exercise

Vestibular Integration

Purpose: To improve tolerance to changes in head and neck movements in space, by stimulating the vestibular system.

Starting Position: Stand comfortably with your feet hip width apart. Position yourself facing the chart on the wall placed at eye level, with the other chart placed to the right or left around knee height.

Exercise: Begin with touching the A on the chart in front of you (using the hand that is closest to the lower chart), then reach across your body with the opposite hand and touch the A on the lower chart. If you are able to tolerate go through the entire alphabet this way (remember that the G is replaced with the number 7, and there is no Y or Z).

Modifications:

Easier- Place the side chart higher than knee level to decrease the change in head and neck position. Move slowly.

Harder- Lower the side chart to the floor to increase to increase the change in head and neck position. Increase the speed of movements or try standing on one leg. Add a cognitive task by thinking of a word that starts with each letter or go backwards through the alphabet.

**Exercise adapted from St Joseph's Health Care in London, ABI Team- Parkwood Institute.*