

## **Habituation therapy for visual vertigo – Videos**

- The videos will produce dizziness and be uncomfortable. Make sure your symptoms increase only slightly (a change of 2-3 points on a scale of 0 to 10).
- Start with 30 seconds or less. Allow symptoms to return to baseline before watching another video. In the long run, lengthen the time. Since each patient has an individual limit, there is no guideline. Therefore, it is important to know your limits and only continue watching when symptoms subside.
- Remember to proceed with caution with habituation exercises. If you watch the videos for too long, you can also overwhelm the brain. Discuss with your vestibular therapist the appropriate duration. If the videos greatly increase dizziness (>8 out of 10), stop.
- Start with a small screen (e.g., cell phone / tablet / laptop). Later, use a larger screen (e.g., a TV).
- Start while sitting. Try standing later and eventually you will be able to walk on the spot (e.g., imagine you were actually walking through the supermarket).
- After a therapy session, symptoms should return to the starting position within 30 minutes.
- Try to watch the selected video 3-5 times in intervals with breaks for a time determined by you and your therapist. Watch 2-3 videos with different themes in one session.
- 2 sessions per day with max 10-minute sessions (including rest breaks) are recommended.

## Visual Vertigo Analogue Scale

Complete the following scale with your therapist before watching videos. Indicate the amount of dizziness you experience in the following situations by marking off the scales below.  
0 represents no dizziness and 10 represents the most dizziness.

Walking through a supermarket aisle



Being a passenger in a car



Being under fluorescent lights



Watching traffic at a busy intersection



Walking through a shopping mall



Going down an escalator



Watching a movie at the movie theatre



Walking over a patterned floor



Watching action television



## Habituation therapy for visual vertigo – Videos

If you have just completed the visual vertigo scale with your therapist, you will know in which situations the vertigo is provoked. The therapist will recommend videos for these situations. To watch the videos, you will need to search for the specific channel on YouTube using the search bar. If you have this document digitally, you can just click on the link.

- The YouTube channel "Emory DizzinessandBalance" has created a playlist with several videos for each subitem of the above scale. Simply type "Emory Dizziness and Balance" into the YouTube search bar. Search results will appear: Click on the smiley face and then click on "PLAYLISTS." Alternatively, you can just click on the link:  
[https://www.youtube.com/channel/UCrhGWxA-cAd6Ee7ZTaq9J\\_w/playlists](https://www.youtube.com/channel/UCrhGWxA-cAd6Ee7ZTaq9J_w/playlists)

Now, according to the results of the scale, select the appropriate playlists:

- Walking through a supermarket aisle → walk in supermarket
  - Being a passenger in a car → passenger in a car
  - Being under fluorescent lights → fluorescent lights
  - Watching traffic at a busy intersection → traffic
  - Walking through a shopping mall → walking in the mall
  - Going down an escalator → escalator descent
  - Watching a movie at the movie theatre → no videos
  - Walking over a patterned floor → patterned carpet
  - Watching action television → no videos
- A playlist of mixed videos, created by IVRT, can be found at this link:  
<https://www.youtube.com/playlist?list=PLm5WqOZTtyvzx1atfZUCcJN3WKyihxuuk>
  - **Gabrielle Pierce** (enter in YouTube search bar) also has many and very good videos of walks, car rides, etc. The videos are high resolution and our **1st choice in therapy!**
  - If in reality you suffer from dizziness in those certain situations, but the videos of the situations do not trigger dizziness (because unrealistic), then use videos with optokinetic stimulation. Of course, you can also watch additional videos with optokinetic stimulation, if the videos mentioned above have an effect on you.  
The IVRT has compiled a playlist for you:  
[https://www.youtube.com/playlist?list=PLm5WqOZTtyvwHLW7glHaJtOSh0\\_R2cHKF](https://www.youtube.com/playlist?list=PLm5WqOZTtyvwHLW7glHaJtOSh0_R2cHKF)
  - If you don't have a laptop/computer, you can alternatively use a wildly patterned umbrella. Just turn the umbrella and look at the spinning umbrella for a certain time.

