



Certification Training Manual

Vestibular Stimulation

Vestibular stimulation helps develop balance and coordination, creates improved proprioception (knowing where the body is in space) and enhances visual motor skills.

In all of the following activities safety is very important. Make sure that the person receiving the treatment is securely fastened to the object (chair, swing, etc.) and is protected from falling. These activities can cause temporary dizziness and loss of balance.

Basic guidelines:

Client should be moving

- 1) Rapidly through space (within reason)
- 2) For a short period of time (15 seconds or less)
- 3) With an abrupt stop
- 4) Reverse directions (if going clockwise, stop and go counter clockwise)
- 5) In at least 8 different positions

Examples without equipment:

- * Stand and spin in place
- * Hold hands and spin with partner
- * Do a somersault or spinal rock
- * Log roll across floor or bed
- * Sit with partner on floor, hold hands and rock back and forth

Examples with equipment:

- * Use a swing in the usual manner, or with head tipped back
- * Use a swing to twirl and untwirl
- * Spin on a snow saucer, or merry go round found on playgrounds, lying in different positions
- * Swing in a hammock lengthwise, then swing sideways
- * Rock in a rocking chair
- * Spin in swivel chair in various positions
- * Jump on trampoline
- * Bounce on exercise ball