Exercise Prescription: Heel Turns

<u>Purpose of Exercise</u>: This is an exercise to help with dizziness and vertigo

Starting Position: Standing on an unstable surface like a foam mat, pillow, or couch cushion.

<u>Exercise Description</u>: Standing with your feet together, turn your head to look at the back of your left heel for 10 seconds. Repeat on the other side for 10 seconds.

Pictures:



