Diary of rehabilitation for dizziness (self evaluation table)

1:perfect 2: almost perfect 3: a little dizzy 4: eyes move 5: not mastered

First day: / /	( )	( )	( )	( )	( )	( )	( )	( )
check if you completed the norma	1st day	2nd day	3rd day	4th day	5th day	6th day	7th day	8th day
Lesson 1: move eyes keeping head still (each 20 times)								
1 look left and right								
2 look up and down								
3 chase moving goods left to right and right to left								
4 chase moving goods up to down and down to up								
Mark the weak items in lesson 1.								
Which items did you feel dizzy?								
review the results.								
Lesson 2: move head keepinng eyes still (each 20 times)								
5 move head left and right								
6 move head up and down								
7 tilt head to left and right								
Mark the weak items.								
review the results.								
Lesson 3: stand and stamp closing eyes								
9 stand and sit (count 20)								
10 stand opening legs (count 20)								
11 stand closing legs (count 20)								
12 step 50 times and open eyes								
Mark the weak items in lesson 3.								
Which items did you feel dizzy?								
review the results.								
Special lesson: only specified person								
8 lie down and get up (10 times)								

頁

(　　)	(　　)
9th day	10th day