

# MedBridge Go

## Vestibular Exercises

This set of exercises are specially crafted for patients to enhance the function of the vestibular system, which can help alleviate the dizziness and spinning sensations associated with vertigo. By focusing on head and eye movements, balance, and gait training, these exercises aim to improve your balance and coordination. Typically guided by a physical therapist, vestibular therapy can be customized to your unique needs and symptoms, offering a personalized approach to managing and reducing the challenges of superficial siderosis. Practice in the comfort of your home by choosing from three difficulty levels to address vertigo and balance issues.

Enjoy free access to the Superficial Siderosis Research Alliance MedBridge program via [this link](#) on your computer, Smart TV or download the MedBridge Go app to your phone.

If standing is unsafe for you, use caution by wearing a GAIT BELT and having a SPOTTER to minimize injury risk. Rest if you feel dizzy until the sensation passes.

Consult your healthcare provider before beginning any program or advancing to a more difficult level.

scan this QR code to  
download the app to your  
phone.



### Level One

**Seated Vestibular, Balance, and Leg Strength Exercises**

Estimated Time 14 minutes

**Access Code**

**RNKLMVHP**

### Level Two

**Vestibular, Balance, and Leg Strength Exercises**

Estimated Time 16 minutes

**Access Code**

**34VENAAN**

### Level Three

**Vestibular, Balance, and Leg Strength Exercises**

Estimated Time 11 Minutes

**Access Code**

**T2RN8NAE**

