

Vestibular Rehabilitation

Progress Report



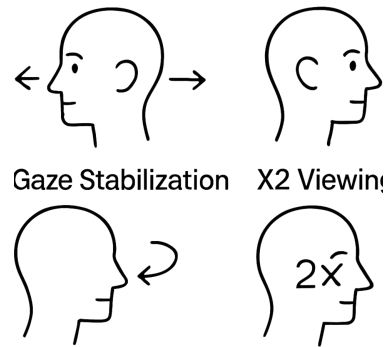
Patient Name: Jay Patel

Therapist: Dr. A. Sharma. PT

Patient ID: VRT-1023

1. Test Performed

- **Gaze Stabilization (X1 Viewing):** Focused on a fixed target while moving head side-to-side and up-down.
- **Gaze Stabilization (X2 Viewing):** Eyes fixed on moving target while moving head in opposite direction.



2. Observations

- Able to maintain focus on target for **20** seconds without loss Of clarity.
- Mild dizziness reported during vertical head movements.
- Slight instability noted after **25** seconds of continuous exercise. (Using gyroscope)

3. Recommendations

- Patient shows improvement in tolerance compared to last session (from 10 sec to 20 sec).
- Horizontal gaze control has strengthened significantly.
- Vertical gaze control still needs reinforcement

4. Next Session

- Scheduled: 15 September 2025
- Goal: Increase tolerance to 30 seconds with reduced dizziness

Visual Progress Chart

