



## STRATEGIES TO HELP WITH BALANCE & DIZZINESS

After a concussion you might notice changes with your balance. You could feel dizzy or have a sudden sensation that you're spinning. Here are a few suggestions that can help.

- **Be cautious!** Talk with your doctor or physical therapist (PT) about how you're feeling. They can help design a program that challenges you but is also safe for you to practice at home.
- **Increase your strength and flexibility.** Specific exercises include stretches for your ankle and hip muscles and strengthening activities for your legs, such as mini-squats, toe-raises, and standing leg lifts. Your doctor or PT can provide more information about these exercises.
- You can also **practice movements** that allow you to transition from one position to another, such as going from sitting to standing, reaching above your head to get something off a shelf, or picking up something off the ground.



Learn more about the benefits of staying active:

- [Balance, Breathing and Flexibility](#)
- [Health Benefits of Physical Activity for Children](#)
- [How much physical activity do children need?](#)