



Weill Cornell Medicine

Brain & Spine Center

The Chiari CARE Guide to Exercise

Before beginning any exercise regimen, please consult your health care provider and physical therapist. Review this guide with them for their feedback and approval.

General Exercise Advice

- Choose activities that prevent strain or stress on the neck.
- When walking for exercise, wear highly cushioned and supportive shoes to reduce stress on the neck and cerebellum.
- Cycling and aquatic exercises are great low-impact choices.
- Take frequent breaks if needed.
- Stop the exercise if it worsens any symptoms.
- On days when symptoms are severe, do not exercise.
- Start with slow workout sessions of 5 to 10 minutes each and increase as you build strength.

Important: Avoid exercises that put stress on your neck (such as weightlifting) and exercises that involve bending the neck down.

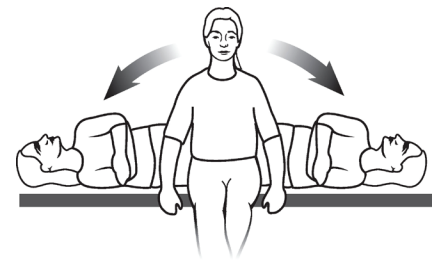


Brandt-Daroff Exercises

(for patients experiencing balance instability and dizziness)

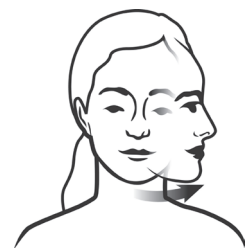
- Sit on a bed with your legs over the side
- Lie down on your right side and turn your head so that you are looking up at the ceiling
- Hold this position until dizziness passes
- Sit up and look straight ahead for 30 seconds
- Repeat on the left side

Important: Have someone accompany you to prevent you from falling



Cervical Exercises (for patients experiencing headaches)

- Stand in a shower with the water hitting the back of your neck and shoulders
- Slowly and gently turn your head to one side as if you are attempting to look behind you
- Repeat on the opposite side



For additional information, visit the Resources section at weillcornellbrainandspine.org/chiari

Visit Chiari CARE at the Weill Cornell Brain and Spine Center
212-746-2363 | weillcornellbrainandspine.org/chiari