



# Weill Cornell Medicine

## Neurological Surgery

### The Chiari CARE Guide to Exercise

Before beginning any exercise regimen, please consult your healthcare 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.

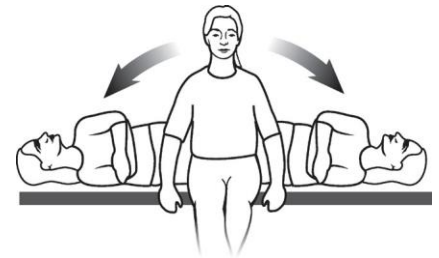


#### Brandt-Daroff Exercises

(for patients experiencing balance instability and dizziness)

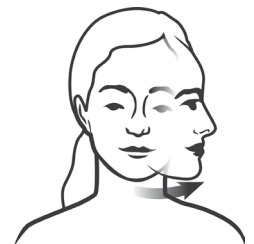
- Sit on a bed with your legs over the side.
- Lie down on your right side and turn your head so that you are looking up at the ceiling.
- Hold this position until dizziness passes.
- Sit up and look straight ahead for 30 seconds.
- Repeat on the left side.

**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 [neurosurgery.weillcornell.org/chiari-care](https://neurosurgery.weillcornell.org/chiari-care)

Visit Chiari CARE at Weill Cornell Medicine Neurological Surgery  
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