

Vestibular rehabilitation

What is vestibular rehabilitation?

Vestibular rehabilitation is a type of physical therapy that focuses on improving symptoms related to vestibular disorders. The vestibular system is responsible for balance and spatial orientation in the body, and when this system is disrupted, individuals may experience symptoms such as dizziness, vertigo, nausea, and imbalance. Vestibular rehabilitation aims to address these symptoms through targeted exercises and interventions.



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- The (<https://lmhofmeyr.co.za/info-vestibular-for-patients/balance-and-examinationdizziness-examination/>)

Who conducts vestibular rehabilitation?

- Vestibular rehabilitation is typically conducted by physical therapists (or some audiologists) with specialized training in treating vestibular disorders. The first step in the rehabilitation process is thoroughly assessing the patient's symptoms and movement patterns. This evaluation helps the therapist develop an individualized treatment plan that addresses the specific needs and goals of the patient.
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What does vestibular rehabilitation entail?

- The exercises and interventions used in vestibular rehabilitation are designed to improve the vestibular system and function and help the brain adapt to any disruptions in this system. Common exercises may include gaze stabilization exercises, balance training, and habituation exercises. Gaze stabilization exercises improve the ability to maintain focus on a stationary object while moving the head, which can help reduce symptoms of dizziness and vertigo.
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- Balance training exercises help improve stability and reduce the risk of falls. Habituation exercises involve gradually exposing the patient to movements that may trigger symptoms to help the brain adapt and reduce the intensity of these symptoms over time.

Other helpful interventions

- In addition to exercises, vestibular rehabilitation may incorporate other interventions such as manual therapy, gait training, and education on lifestyle modifications. Manual therapy techniques, such as joint mobilizations and soft tissue massage, can help improve joint mobility and reduce muscle tension that may contribute to vestibular symptoms. Gait training focuses on improving walking patterns and stability while walking. Education on lifestyle modifications may include advice on diet, hydration, and sleep habits that can impact vestibular function.
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> MRI surveillance in wait-and-scan/observation (<https://lmhofmeyr.co.za/info-for-patients/elementor-25419/>)

> MRI surveillance after surgery (<https://lmhofmeyr.co.za/info-for-patients/mri-surveillance-after-of-vestibular-schwannoma-after-surgery/>)

How long does vestibular rehabilitation take?

The duration and frequency of vestibular rehabilitation will vary depending on the severity of the vestibular disorder and the patient's individual needs. Some patients may see improvements in their symptoms within a few weeks of starting therapy, while others may require longer-term treatment to achieve their goals. Patients often receive a home exercise program to continue their progress outside therapy sessions.

Is vestibular rehabilitation effective?

Vestibular rehabilitation is an effective treatment for individuals with vestibular disorders. By addressing the underlying causes of symptoms and improving the vestibular system's function, patients can experience improved balance, dizziness, and overall quality of life. It is essential for

What is your fall risk?

You can perform the following at your own risk. It is always better to do it in someone else's company to assist and prevent falls and injuries. You are strongly advised to report the result to your general practitioner. The following assessment tools may be of help to assess your fall risk.

Balance assessment questionnaires and fall risk

The Tinetti Test

The Tinetti test (TT) or Performance Oriented Motion Assessment (POMA) assesses static and dynamic balance. It looks at sitting, standing and walking abilities. It can be used as a risk indicator for falls in the elderly. It needs to be performed under supervision to avoid injury.

THE TINETTI TEST
(<https://lmhofmeyr.co.za/info-for-patients/questionnaires/>)

The Dynamic Gait Index

The Dynamic gait index (DGI) helps to assess the likelihood of falling in the elderly. It tests different aspects of gait while performing level walking exercises and more complex tasks. The required tasks represent everyday experiences during walking. It needs to be performed under supervision to avoid injury.

DYNAMIC GAIT INDEX

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The Berg Balance Scale

The Berg Balance Scale (BBS) measures balance function in the elderly with a limitation in balance function. It assesses the performance of functional tasks. It needs to be performed under supervision to avoid injury.

BERG BALANCE SCALE

(<https://lmhofmeyr.co.za/info-for-patients/questionnaires/>)

Computerised dynamic posturography (CDP)

Computerized dynamic posturography (CDP) is a diagnostic tool used to assess balance and postural control in individuals. It involves using a computerized system to measure various aspects of balance, such as stability, sway, and weight distribution in different sensory conditions.

During a CDP test, the individual stands on a force plate that records their centre of pressure as they perform various tasks, such as standing on foam or with their eyes closed. The force



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individuals with conditions such as concussions, vestibular disorders, stroke, and Parkinson's disease.



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