

Vestibular rehabilitation

Vestibular rehabilitation is the treatment of conditions which affect the inner ear causing dizziness and imbalance. Vestibular rehabilitation would be used after a vestibular physiotherapy assessment identified whether the symptoms are treatable using these techniques.

Vestibular rehabilitation or vestibular rehabilitation training (VRT) is a broad term used for a number of different exercises, positional treatments and collection of lifestyle advice to help with the treatment of vestibular problems.

How Vestibular Rehabilitation works

Vestibular rehabilitation works by strengthening the balance system to overcome faults caused by vestibular conditions. The eyes, balance sensors in the joints and ear all work together to tell the brain how to keep the body stable and vision clear. Vestibular conditions affect the ear or the messages from the ear to the brain which then causes incorrect reaction from the eyes causing dizziness and balance sensors causing unsteadiness. Vestibular rehabilitation strengthens the input from areas not effected cancelling out the incorrect messages thus reducing symptoms and resetting the vestibular system as a whole allowing you to function normally again.



Above: Vestibular rehabilitation exercises carried out by a specialist therapist

Who is Vestibular Rehabilitation suitable for

Vestibular rehabilitation is suitable and extremely beneficial for the treatment of people suffering from a combination any of the following symptoms:

- Dizziness
- Imbalance
- Nausea/Vomiting
- Fatigue
- Tinnitus

- Headache
- Fuzzy or full feeling in your head
- Trouble with busy places
- Altered hearing
- Vertigo

Vestibular rehabilitation is also the preferred treatment option for the following conditions:

- Vestibular Neuronitis
- Labyrinthitis
- Migraine Associated Dizziness
- Meniere's
- Post-surgical removal of Acoustic Neuroma
- BPPV (Epley treatment)

There is a strong evidence base of research surrounding vestibular rehabilitation which has shown significant improvements with vestibular problems.

Benefits of vestibular rehabilitation

The benefits of treatment for a vestibular problem cover everything from an increased knowledge of the cause behind the symptoms to a possible complete resolution of the problem. The benefit you will see from Vestibular rehabilitation will include:

• Improved understanding of your condition • The ability to cope in difficult situations • Symptom reduction or resolution • Increased confidence		• Increased energy levels • Improved balance • Increased visual focus • Return to normal activities
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As you progress through treatment your symptom frequency and intensity will reduce and you will be able to get back to normal daily activities.

What to expect with Vestibular treatment

You will be provided with advice and some form of treatment on your first session. A large majority of your rehabilitation will take place at home with an exercise programme which is really important to stick to in order to see improvements. The exercises will be challenging but set at a manageable level for you to cope with. You should start to see improvement relatively quickly but it can take a long time to see complete recovery. You will not have to attend the clinic frequently during this time as a plan is put in place each session to last a number of weeks and in some cases months.

Why choose Manchester Physiotherapy for vestibular rehabilitation

There are many reasons why to choose Manchester Physiotherapy for your vestibular rehabilitation:

- Specialist trained physiotherapist
- Good links with consultants
- Convenient appointment times
- A number of convenient locations
- Excellent facilities
- No waiting list

To book your Vestibular physiotherapy appointment call [0161 883 0077](tel:01618830077).