

Vestibular Rehabilitation



CRYSTAL PALACE
PHYSIO GROUP

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Making People Better

What is it?

Our brains, inner ears, eyes and joints work together to provide information that allows us to see clearly and have good balance. An unhealthy balance system can cause dizziness, vertigo and balance problems. These symptoms affect almost 1 in 4 adults under the age of 65. Vestibular rehabilitation is a specialised form of therapy that addresses the primary and secondary problems caused by vestibular disorders.

Symptoms

People with vestibular disorders often experience dizziness, vertigo, visual disturbances and/or problems with balance. Other symptoms may include unsteadiness, feeling lightheaded, a loss of confidence, inactivity, anxiety, a loss of independence and an increased risk of falls.

What causes it?

A common form of dizziness can be due to a disorder called BPPV (Benign Paroxysmal Positional Vertigo). Problems within the inner ear may cause episodes of intense dizziness with head movements. Other causes may come from head injury, viral infection, medication and increasing age.

What you should do:

Seek advice from a physiotherapist who specialises in Vestibular rehabilitation. They can provide a thorough assessment and develop an individualised treatment programme. A management plan may include:

- Specific techniques to treat symptoms for BPPV
- Eye and head movement exercises
- Exercises to improve standing balance
- Education and advice on activities of daily living to improve confidence and function
- Advice on falls prevention

Contact us now

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