

This Information leaflet has been reviewed and approved by the
Audiology Patient Panel. If you would like to get involved,
please leave your contact details with a member of the reception
staff.

Patient Information

Visual Vertigo



If you require this leaflet in another format for example LARGE PRINT, Audio format or another language, please ask your audiologist, a member of reception, or contact the department

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Document History

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www.hinchingsbrooke.nhs.uk/page/our-services/audiology

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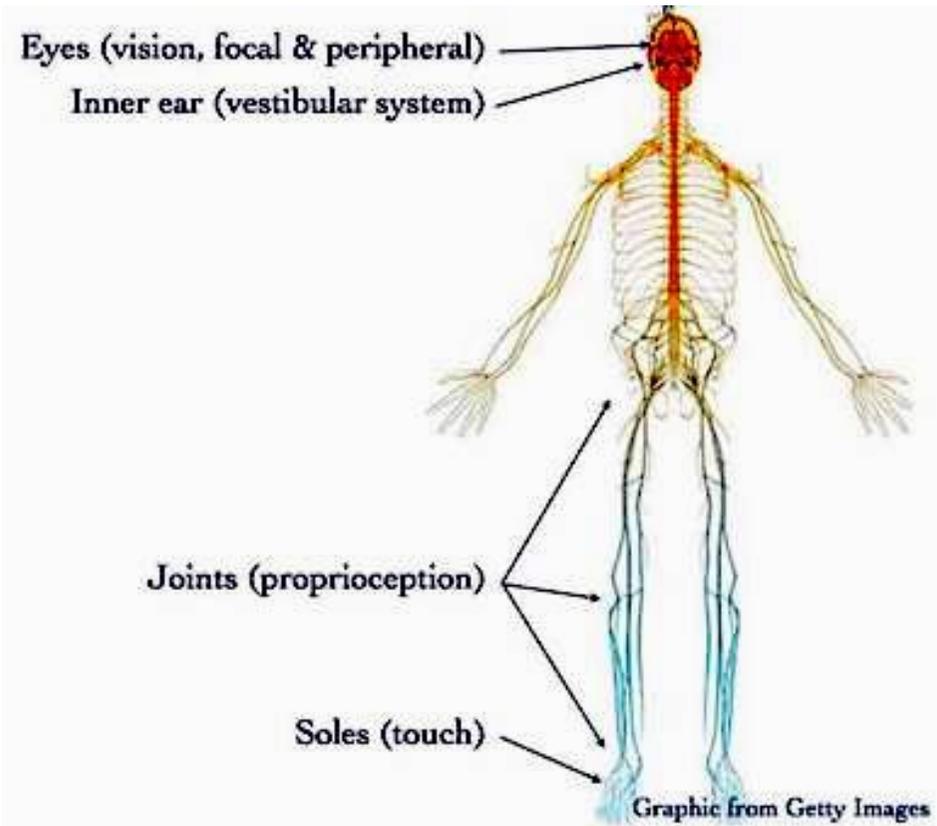
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How do we balance?

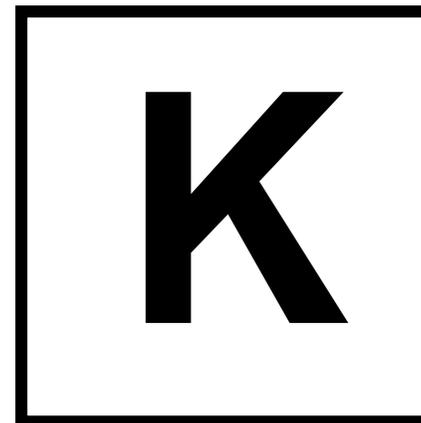
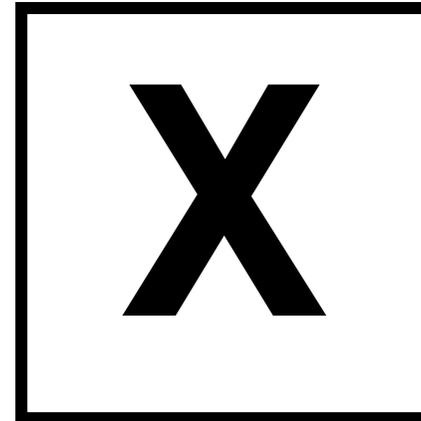
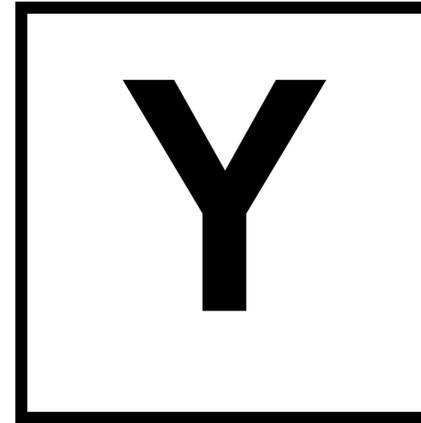
In order to maintain balance, our brain uses information from three inputs:

1. Our ears (vestibular system)
2. Our eyes
3. Position sensors in our legs and feet (proprioception)



The brain then uses this information to control your muscles, joints and eyes to maintain your balance and keep your visual environment steady.

(Cut out to use with appropriate exercises)



Example of a Busy Background



What is a Visual Vertigo?

Some people experience dizziness and/or imbalance when they are in busy visual environments.

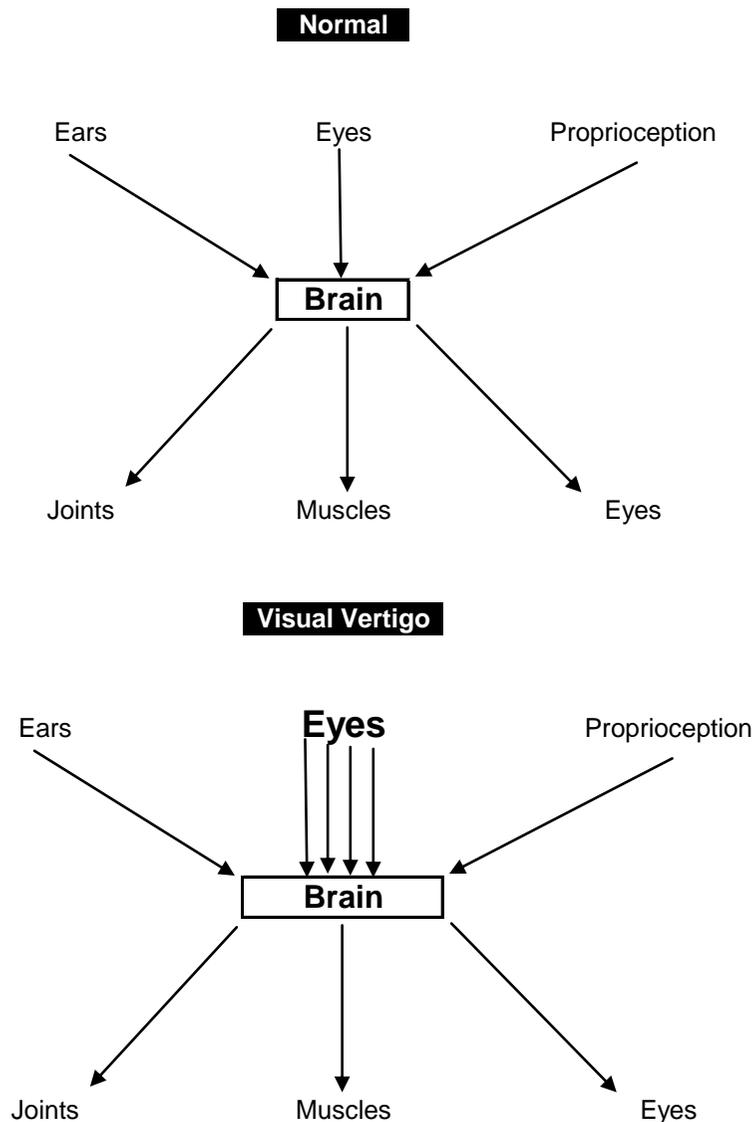
Common environments that can cause visual vertigo are:

- Supermarkets
- Driving quickly on a motorway
- Scrolling on the computer
- Watching fast-paced movies on a big screen
- Watching a children's roundabout
- Looking at geometric patterns on clothing
- Looking at horizontal or vertical blinds
- Dappled sunlight
- Cobble-stones

This happens when your brain is relying more on visual information than information from your ears or proprioception in order to maintain balance.

Visual vertigo can happen on its own or as a result of a vestibular problems (e.g.: labyrinthitis) and commonly occurs in people who experience migraine.

Visual Vertigo



How do we treat it?

In order to reduce your symptoms of visual vertigo, we need to improve the brain's ability to use information from your ears and proprioception for your balance. The aim is to reduce your dependency on your visual information.

We do this by using a busy pattern, placed in front of you whilst you to simulate a busy visual environment whilst you complete your exercises. It may be that, to start with, all you can do is sit in front of the busy pattern for a few minutes. Over time, the more you do this the easier it will become. Before long you will be increasing the amount of time you can spend looking at the pattern before your symptoms start.

Once you can sit for a few minutes in front of the pattern, you can make it harder by:

- Making the size of the busy background bigger
- Standing up if you were sitting
- Gradually bringing your feet closer together
- Gently moving your head side to side or up and down whilst looking at the pattern

It is also important to gently begin returning to busy environments such as supermarkets. Pace yourself and do not attempt to do a full weekly shop straight away. Start with short period of time and build up. Also start by only buying a few items using a trolley for stability and build up.