

Vestibular Rehabilitation

INTRODUCTION

This leaflet is for vestibular (or balance) assessment patients whom have been referred for vestibular rehabilitation. It explains what vestibular rehabilitation is, when it might be suitable and what it involves.

WHAT IS VESTIBULAR REHABILITATION?

Vestibular rehabilitation is a treatment programme for individuals with dizziness and/or imbalance. It involves putting together a personal exercise programme designed especially for you, to help with your symptoms.

WHEN IS VESTIBULAR REHABILITATION SUITABLE?

The balance organs in the ears normally control head and eye coordination when we move our head. If there is damage to one or both of the balance organs then head and eye movements may not be coordinated, leading to dizziness and/or imbalance. Abnormal breathing patterns also cause dizziness.

WHAT DOES VESTIBULAR REHABILITATION INVOLVE?

You will be seen by a clinical audiologist. If suitable an individualised exercise plan will be devised for you. This may contain the following:

- Head/eye coordination exercises for dizziness
- Standing balance exercises
- Walking exercises
- Breathing control exercises

You will usually be required to carry out the exercises at home twice a day. You will then be given the option to be seen again after a month to monitor your progression and if suitable, further update your exercise plan.

BENEFITS

The aim of vestibular rehabilitation is to reduce dizziness and imbalance by encouraging your brain to adjust and compensate for any problem in your balance organs. This is achieved by encouraging the best use and combination of the information you receive from the balance organs in your ears, your vision and the feeling in your feet; and by establishing normal breathing patterns.

ALTERNATIVES

Often dizziness may get better over time without any interventions however some people require more formal exercises. Some residual symptoms may remain even after a course of vestibular rehabilitation, especially when performing activities in environments that are challenging for balance.

CONTACTS/FURTHER INFORMATION

Please contact the Audiology department on **01480 847465**

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.



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

Document History

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