Vestibular Rehabilitation Therapy

- Decrease symptoms of dizziness/disequilibrium
- Improve walking and balance
- Decrease fall risk
- Improve tolerance and performance of household, work and recreational activities

Vestibular Rehabilitation Therapy

- Exercise based
  - Three categories of exercises. The type prescribed depends on diagnosis (diagnosis from physician and/or VNG results)
    - Adaptation exercises for unilateral inner-ear deficits
    - Substitution strategies in bilateral peripheral or central deficits
    - Habituation exercises for any dizziness provoked by a specific activity
- Evidence based - proven to be effective for treating patients with balance and vestibular disorders

Vestibular Rehabilitation Therapy

- First described by Cawthorne and Cooksey in the 1940s --- all patients were given the same protocol regardless of their specific diagnosis
- In the 1990s, treatments became more individualized based on diagnosis as more became known about the disorders and the brain’s ability to compensate

Vestibular Rehabilitation Therapy

“With a better understanding of the function and adaptation of the vestibular system, a customized vestibular rehabilitation therapy program adapted to suit the specific needs of the individual became widely accepted in the 1990s and has become the primary modality of treatment for a large number of patients with dizziness”