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facts about physiotherapy and central vestibulopathy



1

Occupational physical rehabilitation (VR) reduces symptoms of central vestibulopathy and improves function

VR has emerged as a useful tool for treating central vestibular dysfunction and can improve participation and reduce:

- imbalance
- vertigo
- dizziness
- motion intolerance.



2

Patients with Parkinson's disease show evidence of vestibular dysfunction

It is hypothesised that vestibular dysfunction contributes to postural instability and falls in people with Parkinson's disease through:

- neural pathways linking the vestibular apparatus to the cerebrum
- an interaction with dopaminergic medication.



3

Vertigo, dizziness and balance issues reported after posterior circulation strokes

Up to 25% of people with acute vestibular syndrome could be suffering from a posterior circulation stroke. Symptoms include:

- HINTS protocol signs (head impulse, nystagmus and test of skew)
- postural/gain instability
- hearing loss.



4

Migraine associated with vertigo responds to VR and lifestyle education/management

Considered the most common cause of recurrent spontaneous vertigo attacks, vestibular migraine leads to:

- oculomotor dysfunction
- gaze-induced nystagmus
- saccadic pursuit
- dysmetric or slow saccades
- central positional nystagmus.

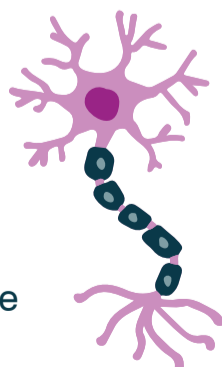


5

People with multiple sclerosis respond positively to VR

Up to 60% of people with multiple sclerosis experience dizziness, but there is strong evidence that compared to no intervention, VR improves:

- patient-reported dizziness
- fatigue
- postural control.



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