

HELP FOR YOUR DIZZY PATIENTS

A CLOSER LOOK AT VESTIBULAR REHABILITATION THERAPY

The Take-Away Message



Physical therapists (PTs) are a GREAT resource for you and your dizzy patients.



PTs with vestibular expertise have the training, scope, and extra time to spend with your patients.



A thorough PT evaluation can guide our approach to a collaborative treatment plan.

PHYSICAL THERAPISTS: A VALUABLE RESOURCE FOR YOU

Physicians Can Utilize Physical Therapy To Work With
Their Patients Suffering From Balance And Vestibular
Dysfunction.

WHAT MAKES PHYSICAL THERAPISTS UNIQUE?

- They have the ability to spend more one-on-one time with patients.
- They have the expertise and training you can trust.
- They take a holistic approach to your patients' care and wellness, which encompasses many aspects of treating dizziness and imbalance associated with vestibular dysfunction.



SIMPLE BEDSIDE TESTING CAN BE VERY ACCURATE IN DETERMINING AREAS OF DYSFUNCTION

- Eye examination including gaze testing
- Saccadic eye movements
- Smooth pursuit
- Head Thrust
- Head Shake
- Fukuda Stepping Tests
- Dix-Hallpike test

“The proposed battery of office vestibular tests proved to be a quick screening approach that was successful in helping to identify site and side of peripheral vestibular lesions in 77% of patients.”
- Kamal et al (2011)

PREVALENCE OF VESTIBULAR DYSFUNCTION

Agrawal et al 2009

- 35.4% in the US population aged 40 years and older (2001-2004)
 - Increases markedly with age (85% of 80 years and older)
- Higher in individuals with cardiovascular risk characteristics
- People with Vestibular Dysfunction:
 - Significantly increased odds of hearing loss
 - More likely to report having dizziness and a history of falls
 - 8-fold risk of falling

VEDA
LIFE REBALANCED



IMPACTS OF VESTIBULAR DYSFUNCTION

Agrawal 2009

- Loss of work
- Trouble performing daily activities, such as driving or household chores
- Social isolation
- Increased anxiety and depression
- Cognitive impairment

EFFICACY OF VESTIBULAR REHABILITATION

Smółka et al 2020

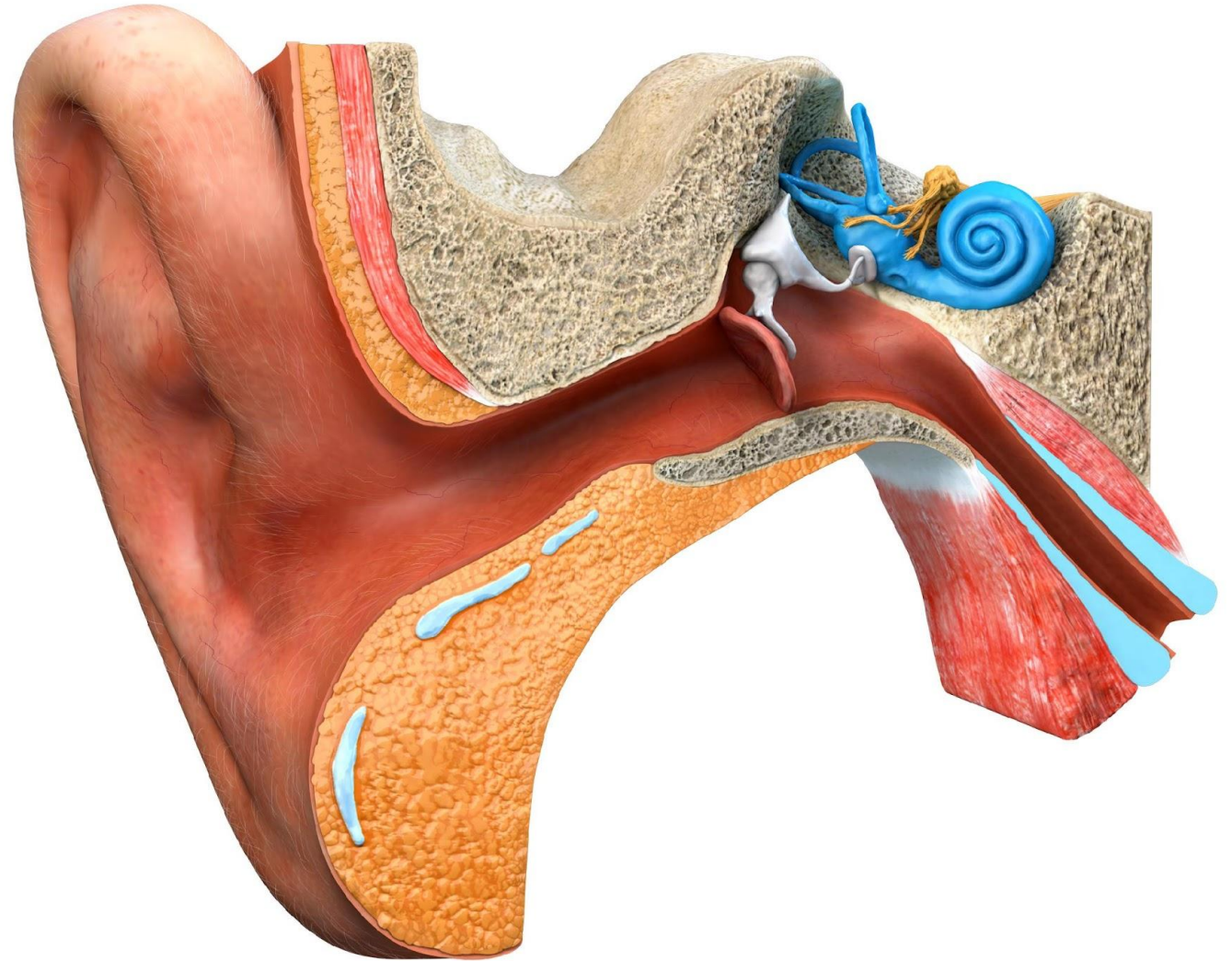
1x/week for 6 weeks of individualized vestibular rehabilitation results in:

- a greater improvement of objective balance and gait measurements
- improvement in subjective patient complaints

in comparison to unsupervised habituation and balance exercises in patients suffering from chronic vestibular dysfunction.

TYPES OF DISORDERS TREATED

- Acoustic Neuroma/Vestibular Schwannoma
- Age-related Dizziness
- Age-related Imbalance
- Benign Paroxysmal Positional Vertigo (BPPV)
- Central Vestibular Disorders
- Concussion
- General Vestibulopathy
- Labyrinthitis and Vestibular Neuritis
- Mal de Debarquement
- Ménière's Disease
- Neurotoxic Vestibulopathy
- Ototoxicity
- Persistent Postural Perceptual Dizziness (3PD)
- Vestibular Migraine



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