



# WHY DOES IT TAKE SO LONG TO SEE RESULTS FROM VRT?

FROM "PT TIPS" BY BETH WAGNER

Watch on YouTube: <https://youtu.be/T48LRJgUeuk>

## Overview:

1. The most commonly asked question is why it takes so long to see results from vestibular exercises. It is because there are no visible signs of injury which means there are very few visible signs of healing, and it can be challenging to see progress.
2. Two main principles
  - a. Adaptation
    - i. Adaptation includes restoring normal function to the vestibular system and to the communication systems between the vestibular system and brain.
    - ii. Everyone's body responds differently and takes different amounts of time to heal.
    - iii. The Vestibular-Ocular Reflex (VOR) is how our brains tell our eyes how to stabilize what we see when we move our heads. Through VOR exercises, we strengthen the communication between our brain and our eye muscles.
    - iv. Adaptation is the process of retraining our brain and can take up to 6 weeks of daily exercise to see results. It can take months to fully recover.
  - b. Habituation
    - i. Habituation involves decreasing the body's reaction to stimulation.
    - ii. Exercises include movements that cause discomfort. Over time the body becomes less sensitive to movement and the person can begin to go about their daily activities.

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- iii. Everyone heals at their own rate. Vestibular rehabilitation is highly individualized. Those with the same diagnosis or similar diagnosis may experience a different recovery process and duration.
3. Ways to maximize recovery
  - a. Be consistent
  - b. Be patient
  - c. Give yourself credit
  - d. Ask others about your progress
  - e. Ask your physical therapist for ways to measure improvement
4. To find a provider, visit [vestibular.org/directory](https://vestibular.org/directory)

**Discussion Questions:**

1. What is your experience with vestibular therapy?
  - a. Did the exercise make you dizzy?
  - b. How often did you attend physical therapy sessions with your PT?
  - c. How often do you have to do the VOR exercise at home?
  - d. How well does/did it work for you?
2. Did you have to do a vestibular therapy program more than once?
3. What did you find that helped you the most with vestibular therapy?
4. If you stopped doing VRT because it made you dizzy, would you try it again with this new knowledge?

Beth Wagner's YouTube Channel: <https://www.youtube.com/c/MovementFunction>

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