

Further information

If you would like further information about Vestibular Rehabilitation, please speak to your physiotherapist who will be happy to discuss things with you.

There may be students and observers present during your consultation as part of their ongoing training. Please let the staff know if you do not wish any students to be present during your attendance.

Please ask a member of staff if you would like a chaperone present during your procedure.

Southport Hospital
Town Lane, Kew,
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Ormskirk Hospital
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A Guide to Vestibular Rehabilitation

Patient information leaflet

If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră.

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

What is Vestibular rehabilitation?

Vestibular Rehabilitation is a form of therapy designed to maximise the body's balance senses. Normally the brain is able to put together sensory information from the eyes, joints and the balance organ in the ear (Vestibular Apparatus) and it allows people to move around normally. If the balance organs are not working normally, dizziness or feelings of unsteadiness occur. To improve this, the brain must be helped to put sensory information together in a new way. Vestibular Rehabilitation will help the brain to process the information it receives to help improve balance and reduce dizzy symptoms.

What about my other symptoms?

Although the process of recovery after a dizzy spell can happen automatically, the speed of recovery varies. You may find it is unpleasant to move your head as it brings on the dizziness. Avoiding movement will delay recovery. It can also lead to developing neck stiffness and poor posture. If the symptoms persist for a long time, other problems may develop. These may include:

- inability to plan your life.
- reduction of hobbies or leisure activities
- Loss of confidence and falls.

Restricting normal functional movements and avoiding daily activity can lead to a progressive loss of function and a decline in quality of life. It is therefore important to keep moving safely even if you feel a little bit dizzy.

Why have I been referred to the Physiotherapist?

Following consultation you may be referred for Vestibular Rehabilitation. The physiotherapist will assess your dizziness/unsteadiness and will advise you on the best exercises to perform to help you manage symptoms.

What can I expect?

The physiotherapist will want to know about your dizziness/unsteadiness and how it affects your daily life. They may then look at your balance in various positions, e.g. walking and standing, and do other tests for dizziness. They will discuss with you the best way to manage and treat your symptoms.

Why do I need to move?

You need to move to help the brain learn how not to feel dizzy so you can take control of the symptoms you experience.

Will the movements bring on my symptoms?

The exercises are designed to “re-programme” your brain to “tune out” the dizzy sensations. The exercises will bring on your symptoms but in a very controlled manner. If you do not bring on the dizziness at all, the movements will not work.

When should I do the movements?

Your physiotherapist will advise/guide you on how to do the activities at your own pace and you can fit them into your daily routine.

How often will I need to see the Physiotherapist?

You may be reviewed by the physiotherapist to ensure the activities you have been given are still helping and can check on your progress. After discharge, should you symptoms recur, you may be referred back to the physiotherapist via your GP, or advised to restart the home exercises you have been given to self treat your symptoms.