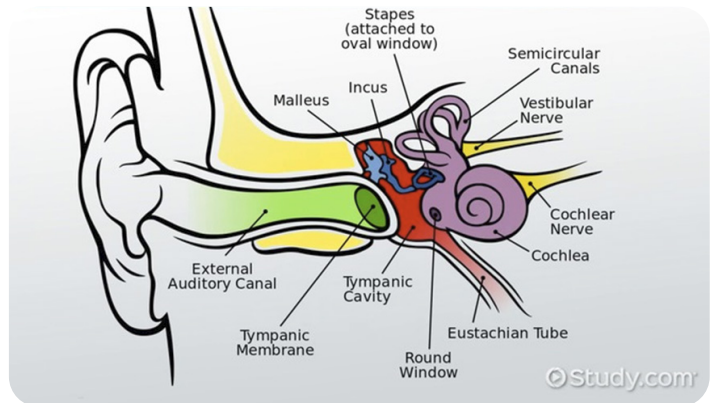




# What is Vestibular Therapy?



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## What is the Vestibular System?

The vestibular system, or inner ear, is our primary balance organ. It is encased in the skull and comprises two organs, or labyrinths - one on each side of our head - and the nerves that run from the labyrinths to the brain. Each labyrinth is made up of five movement detectors: three, fluid-filled canals and two sacs containing calcium carbonate crystals. Via its connections to the brain, the vestibular system coordinates head-eye movements and balance reactions.

## About our Vestibular Physiotherapists

Assessment and treatment of the vestibular system requires more study than is completed in our undergraduate physiotherapy training. At Amanda Gale Physiotherapy, all of our vestibular physiotherapists have completed postgraduate courses, including training under some of the most eminent clinicians in the field, world-wide, and we conduct regular staff training so that we can best help our dizzy clients.

## Common Questions

The main symptoms of vestibular dysfunction are spinning (vertigo) and imbalance. There are numerous conditions that can affect the vestibular system and accurate diagnosis can be difficult. Two of the most common conditions are Benign Paroxysmal Positional Vertigo (BPPV) and labyrinthitis, or unilateral vestibular hypofunction (UVH).

- BPPV occurs when some of the calcium carbonate crystals fall into one of the canals. The treatment comprises moving the head in a particular way to relocate the crystals; which direction depends on the canal into which they have fallen.
- Treatment of a UVH involves brain re-education using very specific eye-head coordination and balance exercises. Exercise prescription is based on thorough assessment and the exercise programme needs to be progressed as improvements are made, much like an athlete returning to sport.