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Other Resources:

Meniere's Society

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Website: www.menieres.org.uk

Brain and Spine Foundation

Telephone: 0808 8081000

Website: www.brainandspine.org.uk

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Warrington Road,
Prescot, Merseyside, L35 5DR
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Vestibular Rehabilitation Therapy (VRT)

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Na żądanie ta ulotka może zostać udostępniona
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Dizziness

Normally your body uses three sources of information to help you stand up and move around:

- **your eyes** - so you can see where you are in relation to your surroundings.
- **your neck, back and leg muscles** - to tell you if you are standing up or sitting down etc.
- **your vestibular system** - which is in your inner ears, tells you if you are moving or are still.

All these senses send messages to your brain which acts like a computer combining the information to give you a stable picture of the world and control your head, eye and body movements. If one of these senses are faulty or sending wrong information you may get a symptom of dizziness.

Vertigo

This is a strong sensation of spinning which happens suddenly, can last several hours, and usually causes you to be sick and to be unable to stand up, walk or drive.

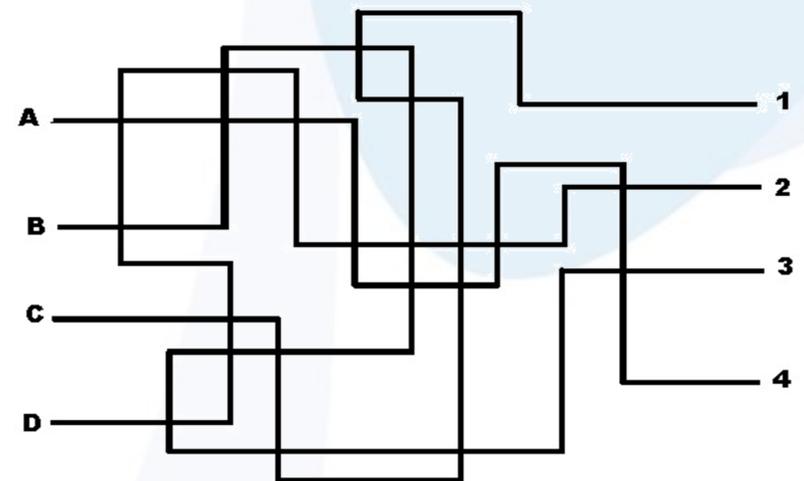
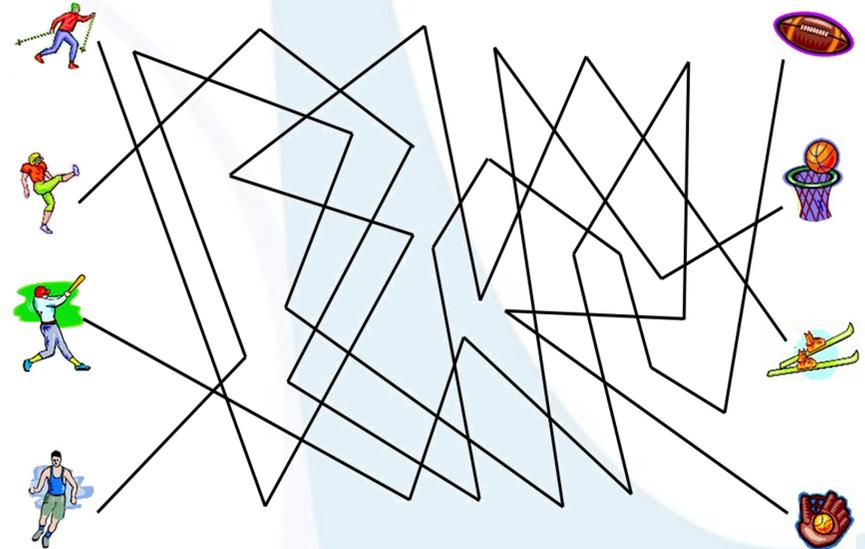
Long-lasting dizziness and imbalance

The changes in the inner ear which can cause vertigo result in a change in the signals given out by the faulty balance organ.

Over time, your brain adjusts to these new signals and so you become less dizzy.

Tracking Exercise Example

Here are some examples of tracking exercises that you can use at home. Follow the path with your eyes whilst keeping head still and then repeat whilst moving head too.



Exercises continued...

You are aiming to get some mild dizziness whilst you are doing these exercises so if you are not you may need to change your position. Initially start by doing the exercises when sitting, then progress to doing them when standing and finally whilst walking. Your physiotherapist will be able to guide you with this.

You are aiming to do the exercises for 3 x minutes, twice daily. You want to be doing the exercises until it causes your dizziness and then stop and let symptoms settle and then repeat for 3 minutes.

As well as these basic exercises, you should also look into any other movements that make you feel dizzy, then practise these by doing them slowly and for a short duration every day then gradually increase the speed and duration.

You may also want to look at general activities to help with balance such as daily walking or tai chi.

Speak to your Physiotherapist who can also refer you to your local healthy living team if you are interested in attending exercise groups.

Exercises

- Balance retraining exercises are designed to help give your balance system all the practise it needs to cope with the symptom of dizziness.
- You can only learn to cope with the new balance signals if you practise the activities that cause the dizzy sensations. The exercises given will help speed up your natural recovery process.
- To find out whether these exercises are right for you, simply try out the following exercises on the next page. If they do not make you dizzy even when you perform them relatively quickly, then they will not help you. If they do make you dizzy then this is a sign that your balance system needs practise with these exercises/movements.
- If you find an exercise difficult, do it slowly with plenty of rest intervals. You may find you are a little dizzy as you practise the exercises, but do not rush them and make yourself feel worse.
- If you have an attack of severe dizziness after you have started a course of exercises you will probably want to stop doing them for a while. Only count the dizziness as severe if you have to stop what you are doing for 4 hours or more because of it. When the dizziness has eased you may find you recover from the attack more quickly by doing these exercises again, but you will probably need to start them slowly.
- Stop doing the exercises if they cause you any pain, ringing in the ears, deafness, really severe dizziness, shortness of breath, chest pains or fainting.

Preparation for exercises

- Some people find that relaxing before and after they do the exercises is a good idea.
- To help you relax, shrug your shoulders up and down, and circle them around.
- You can also try breathing steadily while you count slowly “1, 2, 3” in and “1, 2, 3” out, but do not breathe so slowly or deeply that you feel light-headed or faint.
- To get the most benefit from these exercises you will need to find time in your daily routine to do them at least once a day; even better twice a day. They take less than 10 minutes to perform.
- Try to avoid ‘pushing’ through dizziness as this may aggravate your symptoms.



Visual Exercises

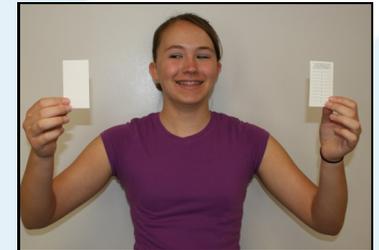
- ⇒ Focus on an object (i.e. your thumb or pen) and bring it towards your nose and then move it away from your face whilst focusing on it with your eyes.



- ⇒ Keep your head still and focus on an object (i.e. your thumb or pen) and move it across and up and down in front of you in a ‘H’ shape. Move your eyes following the object and then return back to the middle looking forwards.

- ⇒ Moving your head this time, follow the object in the same pattern in a ‘H’ shape.

- ⇒ Pick two objects that are stationary and quickly practice looking between the two objects. This could be two items on your fireplace or outside the window.



- ⇒ Focus on a static object with your eyes and whilst looking at the object shake your head side to side.

