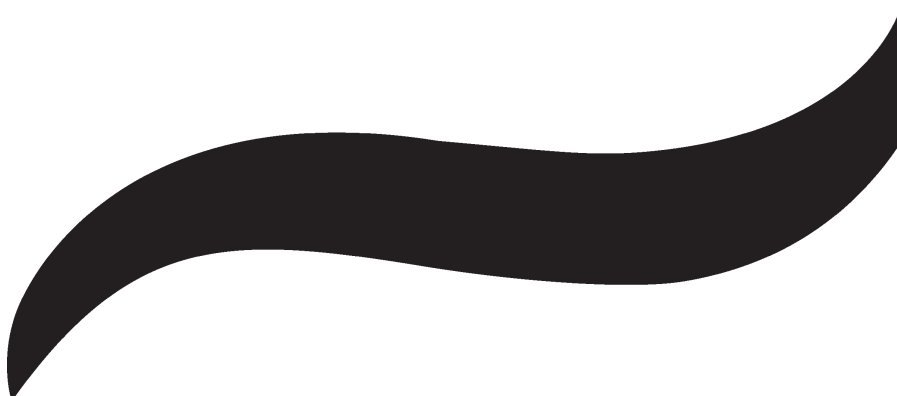




Persistent Postural Perceptual Dizziness (PPPD or 3PD)

Information for patients
Physiotherapy



WHAT IS PPPD?

This is a sensation of constant vague dizziness or fog which has been present for more than three months and is usually worse on certain movements, or in busy places. Symptoms will usually improve if sitting in a quiet area or lying down, but not always. It can sometimes be referred to as visual vertigo or space motion discomfort.

This usually occurs after an inner ear problem. Your brain adapts to help you cope with the dizzy feeling. This means you become more reliant on the eyes for balance and you no longer move naturally. The inner ear stops interacting with the other parts of the balance system the way it had previously. As your eyes have more to do your brain struggles to keep you balanced which results in a lightheaded, or off balance sensation, which may cause you to stagger. In some cases this change stays once the acute problem settles. When this happens we call that PPPD.

Often MRI and CT scans will be clear, this is because there is no structural damage to the brain. These tests are not used to diagnose PPPD as this occurs due to the changes to how the brain uses the information.

WHAT CAN BE DONE TO HELP THIS?

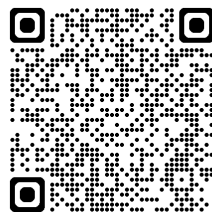
Your physiotherapist will create an exercise programme to help to address your individual triggers. The exercises will involve working up to your symptoms to allow your balance system to readjust to movement. They could be balance and walking exercises; focus exercises or watching videos to improve your tolerance of specific situations.

This will help your brain reprogram. As your balance system has become more sensitive it is important to do your exercises as instructed to ensure a smoother recovery. It will take time to carry over into your daily life as the tasks are broken down for the exercises and only when we are able to incorporate the exercises into life do we see the results. If your system is particularly adapted then this may take several months to readjust.

Due to the nature of these symptoms it is common for people to feel anxious or stressed. If you are affected in this way your symptoms may feel worse and you may need some help to manage those feelings. Please discuss this with your therapist so we can look at ways of helping you manage the anxiety that can come with these sensations.

It is common for people with PPPD to be referred to counselling and/or cognitive behavioral therapy (CBT). CBT and physiotherapy often gives the best results for this condition.

For more information please see our website
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