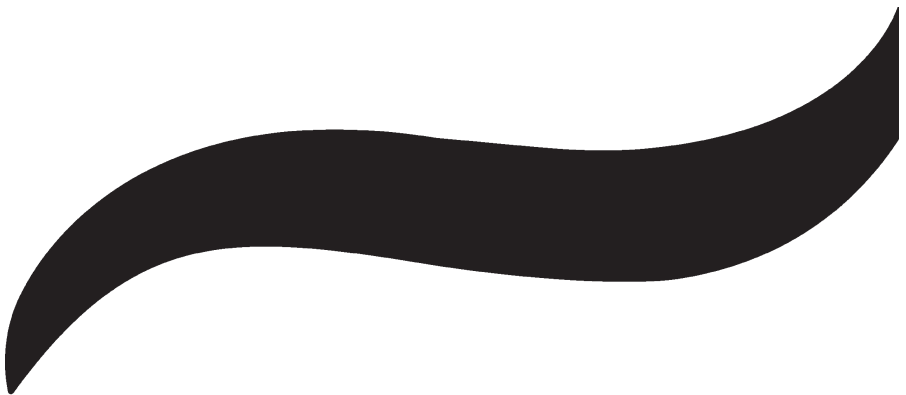




Persistent Postural Perceptual Dizziness (PPPD or 3PD)

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 becomes 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. Because 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.

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; balance and walking exercises; focus exercises or watching videos to improve your tolerance of specific situations.

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.

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