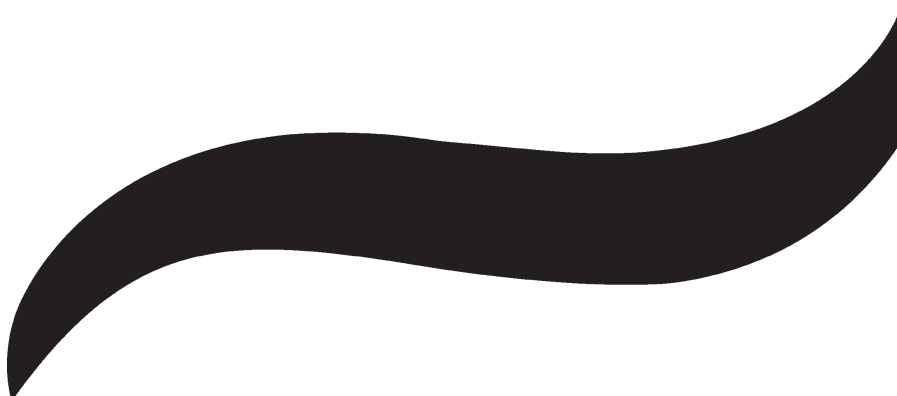




Vestibular Hypofunction

Information for patients
Physiotherapy



WHAT IS VESTIBULAR HYPOFUNCTION?

This is when the inner ear part of your balance system is not working properly. The Vestibular system sits in your inner ear and works with your eyes and muscles to keep you balanced. When it is not working properly it sends error messages to the brain and you will experience a feeling of dizziness.

WHAT CAUSES VESTIBULAR HYPOFUNCTION?

There can be many different causes, the common ones are

- ❖ Labyrinthitis or vestibular neuritis
- ❖ Previous inner ear conditions
- ❖ Changes in the balance systems associated with aging
- ❖ Medications
- ❖ Concussion or head injury, blood clots or tumours

WHAT ARE THE COMMON SYMPTOMS?

The symptoms depend on the cause, but most people will feel dizziness or vertigo, nausea, poor balance. You may also struggle to walk when in busy places and in dark rooms, or have a feeling of motion when things move quickly.

HOW CAN PHYSIOTHERAPY HELP?

Physiotherapists will give you an individual programme of exercises based on your symptoms and goals to help you manage your symptoms.

This will help your movement return to normal, or they will teach you how to compensate for the parts that are not working properly.

For further advice and information please see our website:

<https://www.nhslanarkshire.scot.nhs.uk/services/physiotherapy/vestibular-physiotherapy/>



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