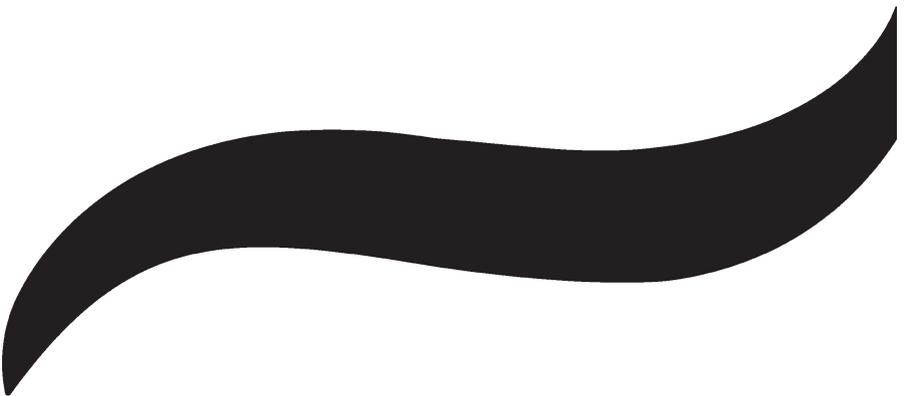




# Vestibular Migraine

Information for patients



## **WHAT IS VESTIBULAR MIGRAINE?**

It is a type of migraine that may or may not cause a headache. The symptoms can be variable and last from minutes to several days and will often display a combination of symptoms affecting the ears, vision and balance.

### **What are the symptoms?**

Alongside dizziness, imbalance and vertigo, you may also experience a sensation of pressure in your head or ear, fuzzy head, visual disturbances, headaches, hearing changes or ringing, as well as neck pain. The symptoms will usually settle in between episodes.

### **Who gets vestibular migraine?**

It is more common in women than men and can sometimes be linked to hormones. Those with a history of migraines or Meniere's disease are more likely to have atypical migraines. Research shows that there may be a genetic link with migraines running in families.

Many people with atypical migraines also have anxiety or motion sickness as a child. People with anxiety often respond better if the anxiety is treated at the same time as the migraine.

## **How can Physiotherapy help this?**

The Physiotherapist can help explain this disorder and importance of staying active. Habituation exercises will be used to reduce your dizzy symptoms; along with gait and balance exercises to decrease the risk for falls. The exercises are not done during a spell, but are gradually restarted when it is over. The therapist may also give you a list of common triggers to reduce or avoid the intensity or number of spells. Some people with this condition can be afraid to go out or move their head; physiotherapy can help return to moving normally.

You may also be advised to discuss this with your GP or be referred to a neurologist to help with medical management of your symptoms.

For more information on vestibular migraine please see our website <https://www.nhslanarkshire.scot.nhs.uk/services/physiotherapy/vestibular-physiotherapy/>

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