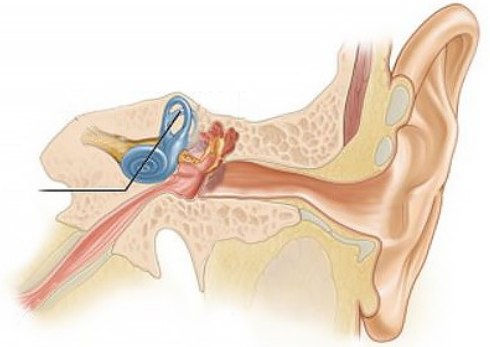


# Bilateral Vestibular Hypofunction

## Why am I Dizzy?

Your vestibular system, which is a part of your inner ear, plays a role in orienting you, keeping your vision clear, and maintaining balance. This system is not working properly in both of your ears and could cause blurred vision with head and body movements and imbalance, which increases the risk of falling.



## Why is Vestibular Rehabilitation important?

Vestibular Rehabilitation is a type of physical therapy used to treat your condition. Your Physical Therapist will create a treatment plan specifically for you with goals to:

- Reduce blurry vision with head and body movements
- Improve strength and balance to reduce risk of falls
- Teach you techniques to help maintain your balance using other strategies

## Common Symptoms

- Trouble seeing clearly when moving around and doing daily activities
- Trouble walking on uneven surfaces, in dark rooms or crowded places
- Frequent falls

## How will I overcome my symptoms?



Exercise is the main treatment for problems caused by vestibular hypofunction in both ears. Exercises may include:

- Eye and head exercises to improve the coordination of head and eye movements
- Exercises to strengthen your balance system
- Conditioning exercises to increase your overall strength and endurance
- Strategies to compensate for bilateral vestibular hypofunction like:
  - Using night lights to be able to see in the dark
  - Using an assistive device, like a cane, for balance in busy environments

Your Physical Therapist will also provide education about how to manage your symptoms at home and work to improve your ability to perform daily activities.