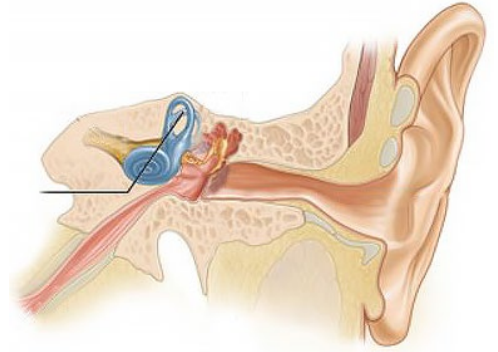


# Unilateral Vestibular Hypofunction

## 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 one of your ears and could cause any of the following: dizziness and/or vertigo, blurred vision with head movement, imbalance and possibly falls.



Symptoms can come on slowly or suddenly, range from mild or severe, and last for minutes up to weeks.

## 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 dizziness and/or vertigo symptoms.
- Improve vision with head movements.
- Improve balance and reduce risk of falls

### Common Symptoms

- Dizziness or Vertigo with head and body movements
- Trouble walking on uneven surfaces, in dark rooms or crowded places
- Trouble seeing clearly when moving around
- Nausea

## How will I overcome my symptoms?

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

- Habituation exercises to reduce the dizziness and /or vertigo
- Gaze stabilization exercises to improve the coordination of head and eye movements
- Exercises to strengthen your balance system
- Exercises designed to improve performance in challenging environments like walking outdoors, walking on uneven surfaces, or in crowded places



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.