


Vertigo & exercise




Learning goals

1. Vertigo is a false sensation that the body or the environment is moving
2. Benign positional vertigo is caused by disturbance of particles in the inner ear
3. Risk factors for BPPV
4. Vestibular rehab exercise is highly effective for BPPV
5. How to do vestibular rehab exercise



Vertigo is a false
sensation that
that body or
environment is
moving

Van Vugt, V. A., Van Der Horst, H. E., Payne, R. A., & Maarsingh, O. R. (2017). Chronic vertigo: treat with exercise, not drugs. BMJ, 358. https://be-research-papers.s3.amazonaws.com/Workshop%20Notes/Van%20Vugt-2017-Chronic%20vertigo_%20treat%20with%20exer.pdf



BPPV may
come on suddenly

Risk factors for **first-time onset**

- Female sex
- Vitamin D deficiency
- Osteoporosis
- Migraine
- Head trauma
- High total cholesterol

Chen, J, Zhao, W, Yue, X, & Zhang, P. (2020). Risk factors for the occurrence of benign paroxysmal positional vertigo: a systematic review and meta-analysis. Frontiers in neurology, 11, 506. <https://be-research-papers.s3.amazonaws.com/Workshop%20Notes/Chen-2020-Risk%20factors%20for%20the%20occurrence%20of%20b.pdf>

Risk factors for **recurrence**

Li, S., Wang, Z., Liu, Y., Cao, J., Zheng, H., Jing, Y., . . . Yu, L. (2020). Risk factors for the recurrence of benign paroxysmal positional vertigo: a systematic review and meta-analysis. Ear, Nose & Throat Journal, 0145561320943362. <https://be-research-papers.s3.amazonaws.com/Workshop%20Notes/Li-2020-Risk%20factors%20for%20the%20recurrence%20of%20ben.pdf>

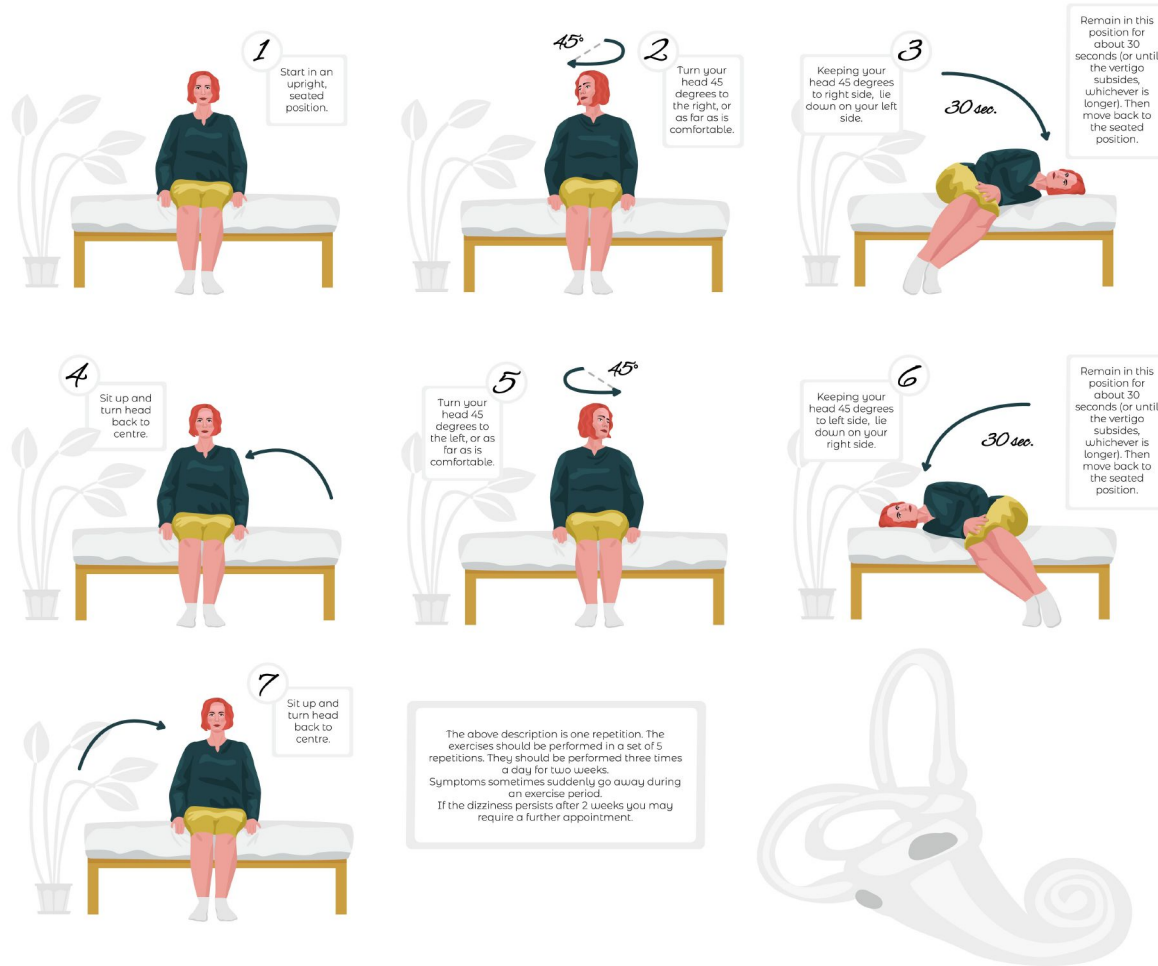
- Female sex
- Age >65years
- Hyperlipidemia
- Diabetes
- Hypertension
- Migraine
- Cervical spondylosis
- Osteopenia/osteoporosis
- Head trauma
- Long use of computers.



- Affects 1 in 20 people
- 80% of people with vertigo find it severely impairs normal function
- E.g. prevent working
- Increased fall risk

Van Vugt, V. A., Van Der Horst, H. E., Payne, R. A., & Maarsingh, O. R. (2017). Chronic vertigo: treat with exercise, not drugs. BMJ, 358. https://be-research-papers.s3.amazonaws.com/Workshop%20Notes/Van%20Vugt-2017-Chronic%20vertigo_%20treat%20with%20exer.pdf

Brandt-Daroff Exercises



Vestibular
rehabilitation
exercise works

- 85% short-term
- 89% long-term

Rodrigues, D. L., Ledesma, A. L. L., de Oliveira, C. A. P., & Júnior, F. B. (2018). Physical therapy for posterior and horizontal canal benign paroxysmal positional vertigo: long-term effect and recurrence: a systematic review. International archives of otorhinolaryngology, 22(04), 455-459. <https://be-research-papers.s3.amazonaws.com/Workshop%20Notes/Rodrigues-2018-Physical%20therapy%20for%20posterior.pdf>

How to do vestibular rehabilitation exercises

VERTIGO

BPPV Treatment

With Brandt
Daroff Exercises

Epley Maneuver





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1. Vertigo is a false sensation that the body or the environment is moving
2. Benign positional vertigo is caused by disturbance of particles in the inner ear
3. Risk factors for BPPV
4. Vestibular rehab exercise is highly effective for BPPV
5. How to do Epley and Brand–Daroff vestibular rehab exercises

Questions?

