

Patient information

Vestibular Rehabilitation (VR)

Physiotherapy Department - Aintree University Hospital

You have been referred to physiotherapy for vestibular rehabilitation.

What is vestibular rehabilitation (VR)?

Vestibular rehabilitation (VR) consists of exercises to treat dizziness and balance problems. It is a very well established and accepted intervention for people suffering with balance and vestibular (inner ear) disorders. There is evidence that suggests that an individualised exercise programme is better than a generic exercise programme.

Who performs vestibular rehabilitation?

At Aintree Hospital, Specialist Physiotherapists perform vestibular rehabilitation. They are ideally suited based on their training in restoring function, balance, and strength through exercise. It is very important that the person administering the rehabilitation programme has experience and an interest in treating people with vestibular disorders for optimal results.

Who can benefit from vestibular rehabilitation?

People with inner ear (vestibular) and central (brain) disorders can experience symptoms of dizziness and balance disturbance.

These disorders can all improve with VR;

- Labyrinthitis / Vestibular neuritis
- Benign paroxysmal positional vertigo (BPPV)
- Vestibular schwannoma/Acoustic neuroma
- Menieres disease
- Vestibular migraine
- Persistent postural perceptual dizziness (PPPD)
- Head trauma
- The effect of age on balance and dizziness

What factors are related to recovery?

The degree to which people improve depends on their diagnosis, medication use or non-use, other health problems, motivation, family support plus other psychological factors. Anxiety, depression, and social isolation are common problems among people who suffer from vestibular disorders.

What can I expect from a vestibular physiotherapist?

Most therapists will start by asking you questions to obtain a thorough history including the initial onset and course of your condition. Then they evaluate eye and head movements, and screen for the presence of benign paroxysmal positional vertigo (BPPV). A comprehensive evaluation of standing and walking balance is performed. Your individual goals and expectations of treatment can then be determined.

Based on the findings from the examination, a bespoke home exercise programme (HEP) is usually developed. Most of the improvement occurs when you comply with the HEP. You will have more time at home to practice compared with in the clinic, so it is very important to follow the therapist's recommendations.

During follow-up visits, the physiotherapist may decide to update the HEP based on your symptoms and progress. It is important to work with your physiotherapist to make sure the exercises are appropriate for your condition and stage of recovery.

Your first appointment will be face-to face. You and your therapist can decide whether follow-up appointments are over the telephone or face-to-face. The frequency of visits can vary, and duration of VR can last from as little as one to two weeks to several months.

Please Note: The Physio Vestibular Rehabilitation Service is currently only being offered at Burlington House in Waterloo

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further Information

If you need to change your appointment or have any queries about your care, please ring the physiotherapy department at Aintree Hospital

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Review date: September 2026

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