

Eli's Rehab Report

Clinical Rehab Roundup: Vestibular Rehab Shows Long-Term Effects

"Vestibular rehabilitation in individuals with inner-ear dysfunction: a pilot study."

Enticott JC, Vitkovic JJ, Reid B, O'Neill P, Paine M. *Audiol Neurootol*. 2008;13(1):19-28. Epub 2007 Aug 22.

Researchers conducted a randomized control prospective study examining patient outcomes after performing a 10-week vestibular home exercise program. Researchers provided 32 adults with vestibular dysfunction an individualized vestibular rehabilitation program designed by a physiotherapist. Control subjects received a set of strength and endurance exercises only.

All subjects performed their exercises three times a day for 10 weeks. Researchers collected subjective and objective patient measures at 0, 6, 10 and 26 weeks.

Findings: Results showed that both groups improved after beginning exercise, and that test subjects significantly benefited compared to the controls. Further, these benefits were long-term and measurable six months later.

Researchers concluded that individualized vestibular exercises may promote better outcomes for patients with vestibular dysfunction.