

Vestibular rehabilitation in chronic vertigo

An individual programme is developed depending on the patient's vestibular investigations and/or their symptoms and examination

1 Explanation and reassurance

2 Habituating exercises (e.g. Cawthorne Cooksey) that stimulate the various inputs to the balance system in a progressively more difficult way leading to a 'recalibration' of the vestibular pathways

3 Optimise physical factors e.g. vision

4 Psychological support

5 Occupational/social support

Cawthorne Cooksey exercises

Stage 1 Eye movements only (up and down and side to side)

Stage 2 Head and eye movements while sitting (eyes open then closed)

Stage 3 Head and body movements while sitting (e.g. passing an object between the hands)

Stage 4 Standing exercises. Manoeuvres with eyes opened and closed

Stage 5 Moving exercises. Various exercises such as walking around a chair or up and down steps with eyes open and then closed