**Pre – appointment information for our**

**Balance and Dizziness Clinic**

You might find it useful to think about some of the items below, prior to attending your first appointment with us. We will need to ask you about these at the start of your appointment.

|  |  |
| --- | --- |
| Medical Conditions |  |
| Current Medications |  |
| Symptoms | Vertigo |
| Dizziness |
| Imbalance |
| Falls |
| Hearing changes |
| Visual changes |
| Other |
| Timeframe | Days, weeks, months, years? |
| Ever before? |
| Triggers | Position, Time of Day, Fatigue, Vision, Sound? |
| Investigations | Scans, Hearing Tests, Caloric Tests? |

If you have had scans or hearing tests done recently, please bring these reports with you if you have them.

**What To Expect**

**Your Assessment**

1. Your Physiotherapist will ask you about the things in the previous table.

2. Occulomotor Assessment

* This involves looking at your eyes at rest, during gaze and during head movements. You may be asked to wear some special lenses which make it harder for your eyes to focus.

3. Positional Tests

* This involves a series of movements such as lying to sitting, rolling, sitting to lying, and sitting to standing, to see which movements bring on your symptoms.
* Your Physiotherapist may also perform some special positional tests, if she suspects a common vestibular disorder known as BPPV.

4. Balance and Walking Assessment

* Your Physiotherapist will look at your ability to remain balanced during a series of tests that selectively favour each of your different balance systems (inner ear, eyes and muscles and joints).
* Walking tests include walking on a line, walking with head turns, turning on the spot and walking over an object

5. Other tests which may include looking at your feeling, strength and co-ordination.

**Treatment**

Management of your symptoms depends largely on your underlying condition.

Some vestibular conditions are fixed with repositioning maneuvres, whilst others require a period of vestibular rehabilitation therapy (VRT).

VRT retrains the brain to process signals coming from your inner ear, in conjunction with those from your other balance systems (vision and proprioception). VRT will help to reduce your feelings of dizziness and improve your balance and stability.

**After your appointment**

As the assessment will likely reproduce your symptoms, you might like to consider coming along with someone who can drive you home afterwards.