

Effectiveness of Vestibular Rehabilitation In Vertigo – A Review

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ABSTRACT

Balance and quality of life are severely hampered by vertigo, which is frequently brought on by vestibular dysfunctions as Benign Paroxysmal Positional Vertigo (BPPV). Exercises for Vestibular Rehabilitation Exercises (VRE) provide a non-pharmacological method of managing symptoms. This review aimed to assess how well VRE works to manage vertigo symptoms and enhance patient outcomes, both on its own and in conjunction with other therapies.

VRE increased quality of life, decreased vertigo symptoms, and improved balance. When VRE was used with yoga or medication, the results were better than when it was used alone. Yoga also provided accessibility and relaxation benefits. VRE works well for treating vertigo, and its effects are amplified when paired with other treatments. To confirm these results, larger, multicentric trials should be conducted in future.

Keywords: Balance, Benign paroxysmal positional vertigo, Vestibular dysfunction, Vertigo management

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