Complaints of dizziness and other similar and associated symptoms are common in primary care. A number of common disorders are responsible for most cases. Clinical examination can provide the diagnosis in many cases, but for cases of dizziness or balance disorders that elude detection with the clinical exam, vestibular testing is available to detect, localize or confirm vestibular dysfunction. Once a diagnosis of vestibular dysfunction is made, medical or surgical intervention may be instituted and a rehabilitation program developed to help the patient resume normal functioning.

Table 2
Eye-Head Coordination Exercises

- Extraocular movement, self-selected speed
- Visual fixation, eyes open, stationary target, head rotation
- Visual fixation, eyes open, moving target, head rotation
- Imaginary visual fixation, eyes closed, small head movements
- Active eye and head movements between stationary targets


Table 3
Balance Retraining Exercises

- Static stance
- Static stance with feet together
- Static stance on foam surface
- Movements of center of mass over base of support with focus on alignment
- Static stance, semi-tandem
- Unilateral stance


Table 4
Vestibular Exercises

- Walking
- Marching in place slowly, eyes open and eyes closed
- Gait with narrowed base of support, eyes open and eyes closed
- Gait with horizontal head movement
- Gait with turns to the left and right
- Bending and reaching activities, all directions
- Obstacle course and balance board activities


References