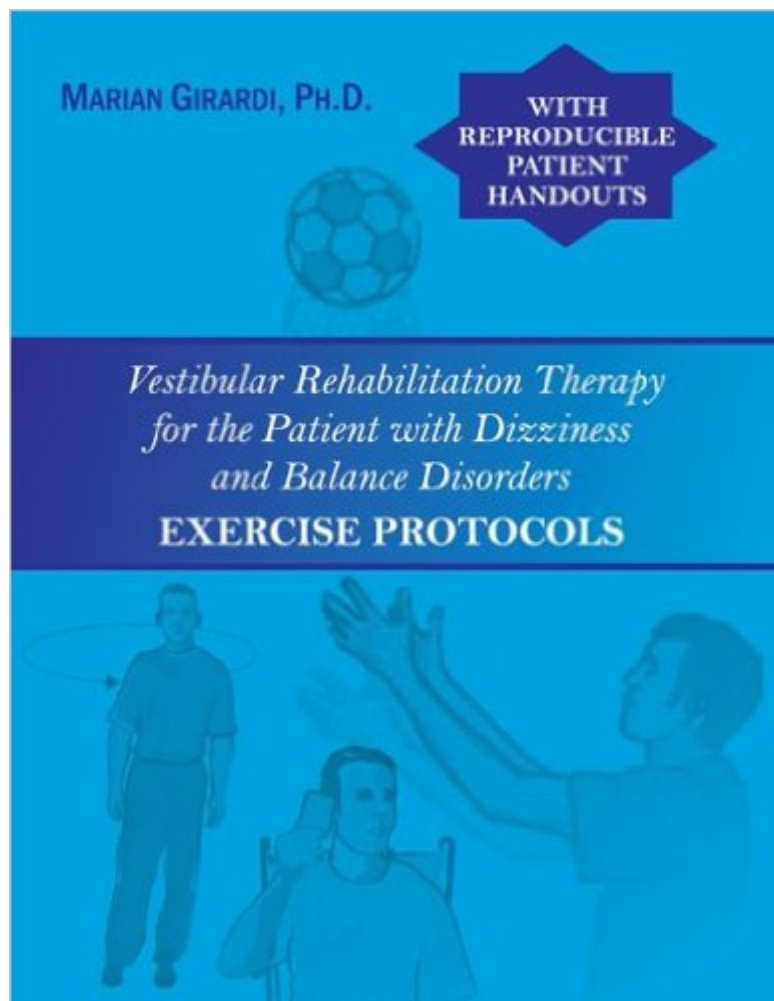


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# Vestibular Rehabilitation Therapy For The Patient With Dizziness And Balance Disorders: Exercise Protocols (Second Edition)



## Synopsis

HEALTH / THERAPY / VESTIBULAR / PATIENT HANDOUTS. Balance disorders and dizziness are among the most common reasons for falls to occur in our aging population. It is estimated that almost 85% of these falls involve the vestibular system. However, with correct assessment and proper treatment (Vestibular Rehabilitation Therapy), first falls and repeat falls can be prevented for balance-disordered people. Dr. Marian Girardi has studied and compiled important data to assess and treat vestibular disfunctions. She has documented and grouped this valuable information into an easy-to-understand format to include: Anatomy and physiology of the vestibular system. Identifying the patient with vestibular problems. Assessment tools for vestibular diagnosis. Risk and safety factors for falls. Treatment using VRT (Vestibular Rehabilitation Therapy). VRT exercises for vision, head and eye movements to improve and maintain long-term balance and gait. 22 reproducible patient handouts for easy duplication. A valuable resource book for healthcare students, therapists, and professionals.

## Book Information

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Average Customer Review: 3.2 out of 5 stars [See all reviews](#) (4 customer reviews)

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## Customer Reviews

I miss a little bit more explanation on the basis of excercises. But it's usefull in daily practice anyway .MD PM&R.

This book would be useful for PTs who are seeking specific excercises patients with vestibular disorders can perform to rehabilitate their balance and gaze control. It has discrete and clear

exercises on each page which could be copied for the patient to take home and follow step-by-step. The book is very easy to follow and it is practical, but lacks background information concerning the various exercises, e.g., concerning efficacy of each exercise, the science behind the exercises, and exactly how the exercises work to achieve rehabilitation. This short text is best as a workbook once the practitioner has already become familiar with a more comprehensive text.

This book is very easy to read and understand, no matter what your interest in vestibular therapy is.

I'm a neurologist, and have been performing VNG testing. I refer patients to a nearby therapist, and we are working to put together a dizziness diagnosis and treatment program. I bought this book (English version) to expand my knowledge of vestibular rehabilitation. This is basically a workbook, and there is relatively little information on when and why you should use specific exercises.

Disappointing.

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