

### Symptomer er subjektive

Andre systemer

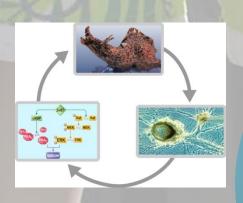
Stress

"Locus of control"

Resterende vestibulær funktion

Kompen sation

Livssituation / tidligere erfaringer

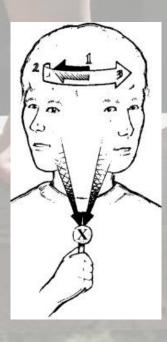


# Kompensation

Habituering

Substitution

Adaptation





# Træningsprincipper

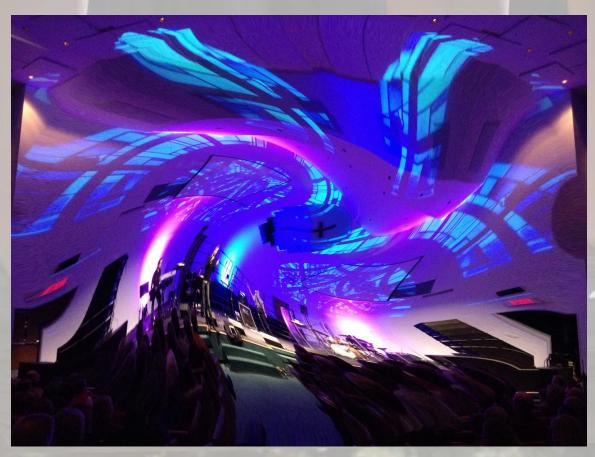
Før er Mening fice

*Geutag* anser

# Visuel Vertigo

- DP= A/B X V X t
- Optokinetics





### Generiske øvelser og aktiviteter

- Gå og løbe
- Cykling (sikkerhed!)
- Boldspil
- Tai chi
- Dans
- Vandgymnastik
- Ridning

- Styrketræning
- Stabilitetstræning
- Massage
- Afspænding
- Meditation



#### Virker træning?

#### Cochrane: Hillier 2011 (Unilat. VD):

 There is moderate to strong evidence that VR is a safe, effective management for unilateral peripheral vestibular dysfunction, based on a number of high quality randomised controlled trials. There is moderate evidence that VR provides a resolution of symptoms and improvement in functioning in the medium term.

#### Passier 2012 (Acusticus neurinom):

There is some evidence to support the use of adaptation exercises for this clinical group. Clinical trial evidence does not support the use of habituation exercises alone, although when combined with adaptation exercises and balance and gait training, habituation exercises may have some benefit. Further research is required to determine the optimal combination of vestibular rehabilitation interventions, as well as the volume and timing of interventions