PT Video Source
For Visual Vertigo

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Introduction

- Visual vertigo—visual stimulation causes dizziness
  - Complex patterns
  - Busy environments
  - Bright colors
  - Movement
  - Repetition

- Primary complaints
  - Room shifting/swaying
  - Not spinning
Activity Limitations

- Tend to avoid stimulation
  - Driving
  - Grocery shopping
  - Walking in crowds
  - TV/Computers
- Social isolation
- Depression
Causes

- Common with:
  - Migraines
  - Anxiety/Panic attacks
  - TBI/Concussion
  - Ocular Muscle Palsy
  - Cerebellar lesions
  - Vestibular neuritis

- Due to mismatch of visual, vestibular and somatosensory systems
Treatment

- Optokinetic training
- Habituation—“getting used to it” principal
- Progress complexity
- Strive for functional activities
Treatment Activities

- Disco balls
- Checkered walls
- Magic Eye 3-D Pictures
- VOR x1 and VOR x2
- Walking in crowded areas
- Walking on patterned carpets
- Optokinetic videos
- Balance training (tandem, SLS, bosu etc)
Integrating Technology

- Increasing popularity of optokinetic training videos
  - Easy to prescribe
  - Patients enjoy using technology
  - Functional & safe at home
  - Allows gradual re-introduction
Lack of Quality Videos

- Noticed poor quality in available videos
- Current videos not functional
- Lack of a consolidated source
- Wanted to create a resource
PT Video Source

- Filmed my daily activities
  - Shopping, walking, driving etc.
- Posted publically on YouTube
- Prescribed them to patients
- No research to support videos
Videos

Busy Grocery Store
World Wide Impact

- Approached by Dr. Dean Metz
  - Falls specialist physiotherapist in Liverpool, England

- Began prescribing videos to patients

- Presented to Association of Chartered Physiotherapists
  Interested in Vestibular Rehabilitation

- Sponsoring research
Research

- Case study format

- Want to see impact of functional optokinetic videos on recovery from visual vertigo
  - No current research exists
  - Supported for treatment of visual neglect
Research Update

- Dr. Metz headlining the research
- Currently working on treatment protocols
- Much interest by patients to be a part of research
- Plan on publication in ACPIVR’s quarterly focus journal Summer–Fall 2018
Questions?