

Does adding otolith specific exercises to a standard vestibular rehabilitation programme improve outcomes for adults with inner ear dizziness?

ACTRN12609000284268

Status	RECRUITING
Sponsor	Royal Victorian Eye and Ear Hospital
Enrollment	48 participants

Plain Language Summary

This study is looking at whether adding special inner ear balance exercises to a standard dizziness treatment programme helps people get better faster and stay better longer. Some people experience persistent dizziness and balance problems due to a problem in one ear. Standard vestibular rehabilitation helps many people, but researchers want to see if additional exercises targeting a specific part of the ear (the otolith) improve results.

You may be eligible if:

- You are between 18 and 70 years old
- You experience dizziness that gets worse with movement
- Your dizziness or balance problems limit your daily activities
- Your condition is due to a problem with one inner ear (unilateral peripheral vestibular dysfunction)

You may NOT be eligible if:

- Both of your inner ears are affected
- Your dizziness comes from a brain or central nervous system problem
- You have a neurological, orthopaedic, or musculoskeletal condition that would interfere with exercising
- You do not have enough English ability or cognitive ability to complete the assessments

Talk to your doctor about whether this trial might be right for you.

Key Eligibility Criteria

Inclusion (1)

- dizziness provoked or aggravated by movement, or, reduced participation in activities of daily life due to imbalance or dizziness due to a unilateral peripheral vestibular dysfunction which may or may not be confirmed by laboratory vestibular function tests

Exclusion (1)

- Bilateral vestibular dysfunction, vestibular dysfunction of central origin, confounding neurological or orthopaedic or musculoskeletal conditions which may affect the participants ability to reliably complete the exercise program, insufficient English or cognitive ability to reliably complete the assessment.

Locations (1 total)

Australia

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12609000284268>

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