

The effect of vestibular stimulation on postural control in people with bilateral vestibulopathy

ACTRN12623000444684

Status	RECRUITING
Sponsor	Auckland University of Technology
Enrollment	31 participants

Plain Language Summary

Bilateral vestibulopathy (BVP) is a condition where both inner ears stop sending proper balance signals to the brain. This causes ongoing unsteadiness, blurry vision when moving your head, and difficulty walking on uneven ground or in the dark. There is no cure, and traditional rehabilitation exercises can only do so much.

This trial is testing a technique called noisy galvanic vestibular stimulation (nGVS) — a gentle electrical signal delivered through small electrodes placed behind the ears. The idea is that this mild stimulation can amplify the weak signals the inner ears are still producing, helping the brain better detect movement. Participants will receive vestibular rehabilitation exercises combined with either real nGVS or a sham (inactive) device, in a crossover design where everyone eventually receives both.

You may be eligible if you have a probable diagnosis of BVP confirmed by a specialist, experience unsteadiness when walking, and are aged 18–80. You are not eligible if you have a pacemaker, cochlear implant, or certain other metal implants in the head or neck.

Key Eligibility Criteria

Inclusion (12)

- a. Probable diagnosis of Bilateral vestibulopathy (BVP) (determined by a neurologist, ENT consultant, GP, audiologist or specialist vestibular clinic).
- b. Self-reported unsteadiness when walking
- plus either
- •oscillopsia during walking or quick head/body movements or
- •worsening of balance in darkness or on uneven ground.

... and 7 more (see full listing online)

Exclusion (8)

- Participants will be excluded from the study if they have:
 - a. They have any evidence of CNS involvement including hereditary ataxias or brain stem/ cerebellar abnormalities, or any central eye movement abnormalities or previously diagnosed neurological condition. (Participants will be screened by staff at the clinics they are recruited via).
 - b. Unable to stand independently for 5 minutes or ambulate for 10m without aid
 - c. Individuals who are medically required to restrict their head movement
 - d. Metal implants in the head or neck such as cochlea implants, clips, coilings, shunts or endoprosthesis

... and 3 more (see full listing online)

Locations (1 total)

Auckland, New Zealand

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12623000444684>

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