

## **. WORKSHOP ON VESTIBULAR REHABILITATION HELD ON 15<sup>TH</sup> OCT. 2019**

BCIP organized a workshop on Vestibular Rehabilitation for its students on 15<sup>th</sup> October 2019. Dr. Prerna Mohan Saxena (PT), Assistant Professor, Amar Jyoti Institute of Physiotherapy was the esteemed resource person.

As it is known that, Vertigo affects approximately 20-30% of general population. Vertigo can occur in people of all ages and the overall prevalence rises with increasing age. Vertigo is an illusion of movement, a sense of spinning. It is mostly caused by inner ear problems, and neck related conditions. Physiotherapy is a health care discipline that uses a variety of positional maneuvers, exercises and electro therapeutic modalities designed to improve vestibular adaptation, habituation and sensory substitution. The rehabilitation endeavor helps the patients regain the mobility, function, confidence and independence in all areas of the life by minimizing disability related to the Vertigo, dizziness and lightheadedness & Conditions like Benign paroxysmal positional vertigo (BPPV).

Students learnt about the Anatomy of vestibular system, Common vestibular dysfunctions, Treatment options available & recent trends and role of physiotherapy in vestibular dysfunctions. Students practiced Dix Hallpike Maneuver. Overall it was quite an enlightening session.

