



최 서 영

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The theoretical basis of vestibular rehabilitation

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Vestibular rehabilitation (VR) is a broad concept that not only implies compensation training after a vestibular lesion or disease, but also postural training and compensation in other causes of vertigo, dizziness or general unsteadiness. Although VR can be effective the almost patients with dizziness, we cannot applicate the therapy easily in Korea, because of the impractical insurance institution and the absence of established methods. In this chapter, I aimed to comprehend the theoretical basis of VR consisting of adaptation for vestibular loss, habituation, and sensory reweighing in the compensation process.

Key Words: Vestibular rehabilitation, Dizziness, Vertigo

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