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VRT (Vestibular Rehabilitation Therapy) -- Role of physical therapy in management of Vertigo

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Role of physiotherapy in various medical fields like orthopaedics and neuromuscular conditions is well established but in many parts of world patients are ignorant of their role in rehabilitation of patients with vestibular problems. Such patients of vertigo and balance related issues generally shuttle from one speciality to other are mismanaged by majority as cervical etc. A patient can play a big role in management by various maneuvers and by customized Vestibular Rehabilitation Therapy. Before plunging into management of such patients one must understand basics of balance, role of inner ear in maintenance of balance and equilibrium, vertigo, dizziness and common conditions causing these symptoms, examination of such patients etc. Then only one can understand vestibular Rehabilitation Therapy-What it is? Whom to give? When to give? Why to give? How to give? How the uncompensated patients of unilateral or bilateral vestibular lesions Present? How we ignore their complaints! – How to manage them effectively with VRT based on habituation, substitution and adaptation Exercises.

Biography

Sandeep Sharma has completed his MS (ENT) at the age of 28 years from Punjabi University, Patiala. He has special interest in vertigo and has taken more than 50 workshops on vestibular rehabilitation along with Physiotherapist Ms. Preeti Madaan (Only team in India) at various places like IInd INCPT AIIMS Delhi, IIIrd INCPT AIIMS Delhi, IVth INCPT AIIMS Delhi, AIIMS Bhopal, International Hospital Guwahati, HPE Mumbai etc. for Physiotherapists, ENTs and General Practitioners. He has his unique method of teaching which includes Power Point Presentation with 3-D manual made models by himself and videos of own patients.

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