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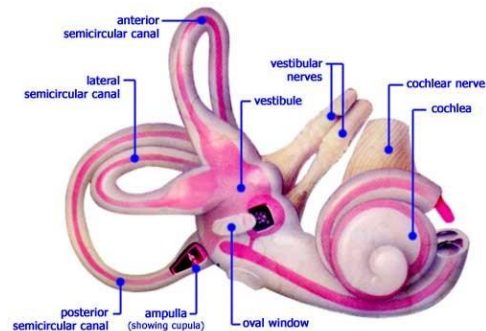
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What is vestibular dysfunction?

We need a properly working vestibular system for:

- Movement reactions
- Motion tolerance
- Motor control
- Postural alignment
- Balance
- Vision



How does the inner ear work?

- Utricle and saccule - detect gravity and linear movement
- Semicircular canals - detect rotational head movement

Poor vestibular functioning could lead to:

- Poor muscle tone → impaired gross motor and fine motor coordination
- Gravitational insecurity → poor emotional security → feels vulnerable in unpredictable social circumstances
- Movement that lack fluidity, accuracy and proper timing
- Poor ability to follow moving objects
- Poor balance
- Under-reactive vestibular system
 - Tolerate enormous amounts of movement
 - Poor bilateral integration
 - Confuses left/right/directions/instructions
- Over-reactive vestibular system
 - Gravitational insecure: doesn't play on jungle-gyms, swings, etc.
 - Movement makes him uncomfortable



Signs and symptoms of vestibular dysfunction

- Dizziness
- Visual acuity problems
- Poor spatial relationships: skipping words/letters when reading and/or having a disorganized writing style

- Nystagmus (involuntary, alternating, rapid and slow eye movements)
- Difficulty walking in the dark
- Hearing loss
- Tinnitus (ringing in the ears)
- Motion sickness
- Avoids or craves movement
- Abnormal movement patterns and/or unsteady gait and/or clumsiness and/or poor posture
- Headaches
- Developmental delay e.g. slower achievement of riding a bike, swimming, hopping, et.c
- Difficulty maintaining attention
- Watching things spin or spinning himself
- Inability to read or write cursive
- Decrease auditory processing
- Inability to listen to music without moving/rocking/dancing
- Problematic balance e.g. climbing stairs and walking on uneven surfaces



Causes

- Chronic ear infections
- Congenital hearing loss
- Viral infections
- Malformations due to genetic conditions
- Genetic disorders
- Reduced oxygen at birth
- Stroke
- Meningitis
- Neurological disorders
- Alcohol or drug abuse of the mom during the pregnancy
- Immune-deficiency disorders
- Metabolic disorders
- Vascular insufficiencies (lack of blood flow)
- Head-neck trauma



References

- www.vestibular.org
- www.nsp4kids.com
- www.tsbvi.edu