

1. Record Nr.	UNINA9910767566003321
Autore	Han Byung In
Titolo	Simplified vestibular rehabilitation therapy // Byung In Han
Pubbl/distr/stampa	Singapore : , : Springer, , [2021] ©2021
ISBN	981-15-9869-X
Descrizione fisica	1 online resource (126 pages)
Disciplina	616.841
Soggetti	Vestibular apparatus - Diseases - Treatment Vestibular apparatus - Diseases - Exercise therapy Oïda Sentits Rehabilitació mèdica Llibres electrònics
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Intro -- Foreword -- Preface -- Contents -- About the Author -- 1: Vestibular Rehabilitation Therapy: Review of Indications, Mechanisms, and Key Exercises -- 1.1 Introduction -- 1.2 Indications -- 1.3 Natural Course of Peripheral Vestibular Lesions -- 1.4 Principles of VRT -- 1.4.1 Enhancing Gaze Stability -- 1.4.1.1 Vestibular Adaptation -- 1.4.1.2 Substitution by Other Eye Movement Systems -- (a) Saccade Modification -- (b) Enhancing Smooth Pursuit Eye Movement -- (c) Central Preprogramming -- (d) Eyeblink During Saccade -- (e) Cervico-ocular Reflex -- 1.4.2 Enhancing Postural Stability -- 1.4.2.1 Substitution by Vision or Somatosensory Cues -- 1.4.2.2 Adaptation: Improving the Remaining Vestibular Function -- 1.4.2.3 Recovering Postural Strategies -- (a) Normal Postural Strategies -- (b) Abnormal Postural Strategies in Vestibular Dysfunction -- (c) Identifying Efficient and Effective Postural Strategies -- (d) Recovering Normal Postural Strategies -- 1.4.2.4 Using Assistive Devices -- 1.4.3 Decreasing Vertigo -- 1.4.4 Improving Activities of Daily Living -- 1.5 Factors Affecting Recovery -- 1.6 Practicing Exercise -- 1.6.1 Principles of the Exercises -- 1.6.2 Components of the Exercises --

1.6.3 Exercise Modification -- 1.6.4 Exercise Frequency and Duration -- 1.6.5 How to Progress -- 1.6.6 Special Situations -- 1.7 Summary -- References -- 2: Vestibular Rehabilitation in Central Dizziness -- 2.1 Introduction -- 2.2 Usefulness of VRT for Selected Central Dizziness -- 2.3 Cerebellar Degeneration -- 2.4 Parkinson Disease (PD) -- 2.5 Conclusion -- References -- 3: Implementing the Exercises -- 3.1 Assessments for VRT -- 3.2 Exercises for VRT -- 3.2.1 Gaze Stability Exercises -- 3.2.2 Postural Stability Exercises -- 3.2.3 Habituation Exercises -- 3.3 General Exercises -- 3.3.1 Warming-Up Exercises. 3.3.2 Cooling-Down Exercises -- 3.3.3 Shoulder Stretch -- 3.3.4 Upper Cross Syndrome Exercises -- 3.3.5 Leg Stretches Using a Chair -- 3.3.6 Leg Stretching -- 3.3.7 Leg Strengthening Exercises Using a Chair -- 3.3.8 Leg Strengthening Exercises -- 3.3.9 Lower Cross Syndrome Exercises -- 3.4 Software "Do Smart®" and the Equipment "Balance Pro®" for sVRT -- sVRT Exercises and YouTube Link.
