Symptoms of balance disorder can include vertigo, dizziness, headaches, tinnitus (ringing in the ears), blurred vision, and motion sickness. Symptoms can vary depending on the specific balance disorder. For most people with balance problems there are treatment options including vestibular rehabilitation.

To maintain balance the vestibular (inner ear) system works in conjunction with the eyes and sensory nerves of the muscles to send information to the brain. Balance disorder (vestibular disorder) is a leading cause of falls in the elderly and can result in hip injuries or even death. Dizziness is the most common symptom of balance disorder. Treatment for balance disorders can improve the quality of life and emotional well-being of the patient; however, many balance disorders are idiopathic (no known cause) and can be difficult to treat without proper diagnosis.

(proprioception). The inner ear (labyrinth) is composed of semicircular canals, the vestibule, and cochlea. The fluid in the semicircular canals (endolymph) sends signals to the brain about the body’s position. The brain uses this information combined with sensory input from the eyes and muscles to orient the body (balance).

There are many potential diagnoses of dizziness or balance problems, including viral infection of the inner ear, bacterial meningitis, allergies, aging, drug reactions, head trauma, and Meniere’s disease. It’s important to tell your physician your specific symptoms so they can do the proper testing to begin treatment.

VNG is the new standard in balance testing because it’s one of the only tests that can measure vestibular loss bilaterally rather than unilaterally, resulting in more accurate test results. You can read more about VNG balance testing here.