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### Efficacy of Using Virtual Reality Systems to Enhance Balance in Individuals With Vestibular Disorders: A Systematic Review

Alexander Fitch

Leanne Forsyth

Jennifer Freeman

Kailey Vogl  
kvogl@live.com

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# *Efficacy of using virtual reality systems to enhance balance in individuals with vestibular disorders: A systematic review*

## BACKGROUND

- Diminished balance is a common impairment associated with vestibular disorders. Previous systematic reviews have analyzed the efficacy of virtual reality (VR) systems in vestibular rehabilitation but have not focused on improvement in balance utilizing VR systems in individuals with peripheral vestibular disorders.

## METHODS

- Two searches conducted - August 2020 & January 2021
- Databases Searched: EBSCOhost (CINAHL Complete and Medline) and PubMed
- Systematic review included 10 articles after inclusion and exclusion criteria were applied.

## RESULTS

- VR-based interventions are effective in improving balance in individuals with peripheral vestibular disorders.
- Future research is needed in order to determine which outcome measures best capture virtual reality induced improvements for balance in individuals with peripheral vestibular disorders.

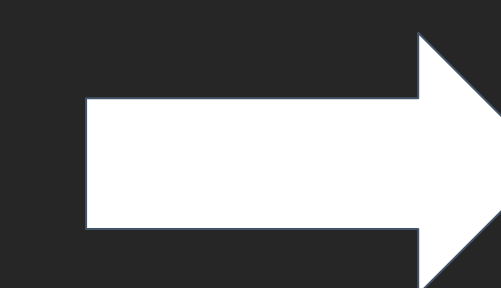
## CONCLUSION

- VR treatment is an effective form of rehabilitation to improve balance for individuals with peripheral vestibular disorders, especially when used in conjunction with conventional vestibular rehabilitation protocols.

# Virtual reality is an effective treatment for balance impairments in patients with peripheral vestibular disorders.



Take a picture to download the full paper



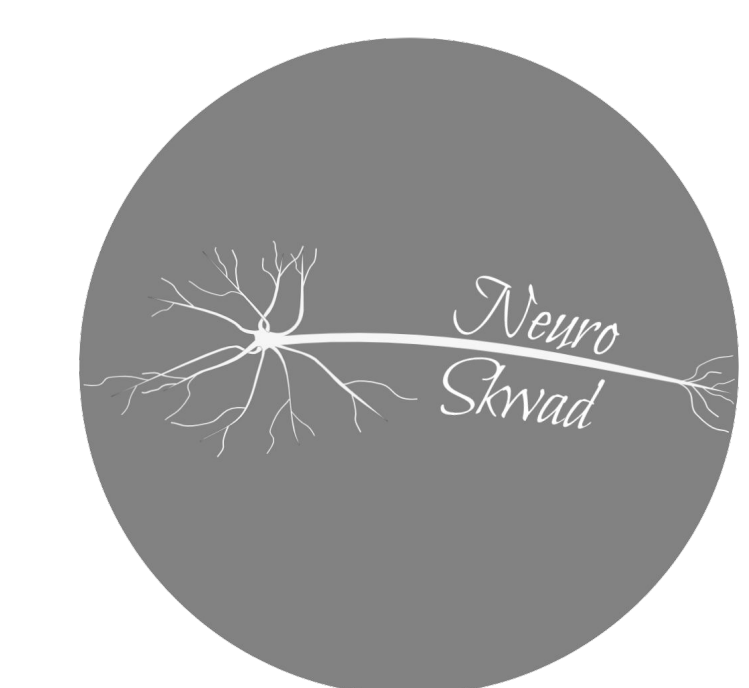
Full-Text

## CONVENTIONAL VESTIBULAR REHABILITATION

- Well-researched and supported
- Cost-effective
- Specific protocols

## VIRTUAL REALITY

- Fun and engaging
- Encourages adherence to rehabilitation program
- Improves rehabilitation outcomes



Alexander Fitch, SPT  
Leanne Forsyth, SPT  
Jennifer Freeman SPT  
Kailey Vogl, SPT  
Heather Fritz, PT, DPT