



# Effectiveness of Internet Based Treatment Methods for Symptom Management of Vestibular Disorders: A Systematic Review

Heather Fritz, PT, DPT, Nina Acosta, Morgan Carline, Devin Conlon, Samantha Pavolko, Rowan Pepe



## Background

Post-pandemic there has been an increase in telehealth use. With this increase, the use of telehealth for the treatment of musculoskeletal disorders such as LBP has been extensively researched. LBP and vestibular disorders have a similar prevalence based on current research. However, there is minimal research on telehealth and vestibular dysfunction.

## Methods

**3 Searches:** 2 September 2022 & January 2023.

**Databases:** Medline, CINAHL, PubMed, Academic Search Ultimate, Cochrane Library.

**Inclusion criteria:** RCT and QDS, published 2012-2022, internet based rehabilitation, symptoms related to pure vestibular dysfunction.

**Exclusion criteria:** TBI, concussion, MS, Meniere's Disease, Systematic Reviews, RCT Protocols, and repeated articles.

**8 articles** included in the systematic review.

## Outcome Measures

Vertigo symptom scale short form (VSS-SF), Dizziness handicap inventory (DHI), Dynamic Gait index (DGI), Visual analogue scale (VAS), Quality of life (QOL), subjective reports.

## Purpose

**Investigate the effectiveness of internet based and blended therapy for patients with peripheral, central, or mixed vestibular dysfunction based on current research.**



## Results

**Significant differences found in DHI and VSS-SF scores.**

Lack of consensus regarding subjective report, anxiety, and QOL in patients with vestibular dysfunction.

## Discussion and Conclusion

- Blended approach had **statistically significant** outcomes.
- **Further research** to establish how internet based VR effects recurrence rate of symptoms.
- Internet based VR is an alternative treatment in limiting secondary services such as emergency room visits.
- Internet based VR can improve patient outcomes.

## PT Implications

- Internet based VR encourages continuation of treatment post in person PT.
- Increases access to vestibular rehabilitation and interventions if patient unable to receive in clinic setting.
- Provides education on vestibular dysfunction to improve patient literacy.
- Serves as a supplemental treatment method.