

## **Bibliografic identification**

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## **Abstract**

The thesis is concerned with the question of states of dizziness and postural instability in patients with a chronic vestibular disorder. The objective of the experimental part was to assess the influence of a group vestibular rehabilitation on the perception of subjective symptoms associated with a vestibular disorder (postural stability, oscillopsia) and on the quality of patients' lives. The rehabilitation programme lasted for five weeks and 15 patients (7 men and 8 women) ranging from 20 to 76 years took part in it. There were patients with peripheral (11 patients), central (3 patients) or combined (1 patient) vestibular syndrome. The rehabilitation took place once a week for 60 minutes, with two to four patients in a group, and it was supplemented with everyday home exercising (10-15 minutes). The therapy consisted mainly of balance exercises and practicing stability of the retinal image. For assessing the influence of the vestibular rehabilitation intervention, the static stabilometric examination, the walking test of DGI and the examination through the standardized questionnaires ABC, DHI and VRBQ were used. The examination was performed before the vestibular rehabilitation began and then after it was finished. The statistical analysis of data proved in case of the stabilometric examination a significant improvement in the standing on a soft surface with open eyes; after the therapy the average values in the parameters of distance and average speed of COP were reduced. We have also noted a statistically significant improvement of the results of some questionnaires; the overall average score of the questionnaires DHI and VRBQ were statistically significantly reduced after the rehabilitation vestibular programme in comparison to the score before the programme.

## **Keywords**

dizziness, vestibular rehabilitation, vestibular disorder, disorder in the postural stability, stabilometric examination, Dizziness Handicap Inventory