The aim of the study was to evaluate the impact of physiotherapy on balance stability and quality of life improvement in patients with central vestibular system dysfunction.

Material and methods: The study was conducted on 31 patients (23 females, 8 males) with vertigo/dizziness and unsteadiness diagnosed for central vestibular system impairment based on videonystagmography examinations, in ENT Department Medical University of Lodz between 2010–2011 years. Patients' history of diseases were collected. The physiotherapeutic programme was individually introduced during four weeks (five time a week). The intervention included balance training and habituation exercises. At baseline and after patients were evaluated therapy with WHO Quality of Life-BREF (WHOQOL-BREF) and Dizziness Handicap Inventory (DHI) self-assessment scales. Clinical examination with Romberg and stand one leg tests (eyes opened and closed) was performed.

Results: After therapy statistically significant differences in total DHI score (p < 0.005) and 3 subscales: physical, emotional, functional (p < 0.05) and WHOQOL-BREF only physical subscale (p < 0.05) compared baseline were found. There were no statistical differences between psychological, social relationships and environment subscales. In clinical evaluation significant reduction of unsteadiness in Romberg test (p < 0.05) and in stand one leg tests eyes opened and closed tests (p < 0.05) were found.

Conclusion: In patients with central vestibular system impairment after physical therapy betterment in clinical examination and some subjective self-assessment scales were observed. Lack of significant improvement in psychological, social relationships and environment domain in WHOQOL-BREF subscale indicated that these patients may need more psychological support or extensions in physiotherapy.

Słowa kluczowe: zaburzenia równowagi; zawroty głowy; jakość życia; fizjoterapia

Keywords: Unsteadiness; Vertigo; Quality of life; Physiotherapy