



Vertigo Rehabilitation Protocols

Dario Carlo Alpini, Antonio Cesarani, Guido Brugnoli

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This book describes in detail rehabilitation protocols specific for those disorders that most frequently induce vertigo and dizziness. In particular, it highlights exercise protocols that will enable the best result to be obtained within the shortest time and with the most enduring therapeutic effect. Drawing on their personal experience, the authors describe physical exercises that will prove effective in delivering vestibular rehabilitation all over the world, regardless of the rehabilitation tools available. The presented protocols cover vertigo in a wide range of conditions. Helpful information is also provided on the clinical approach to vertigo and dizziness, vestibular rehabilitation from Cawthorne-Cooksey onward and the role of life-style counseling. By documenting effective functional and therapeutic approaches, Vertigo Rehabilitation Protocols will be an invaluable resource for neurologists, ENT physicians, orthopedists and rehabilitation specialists.

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