Persistent postural-perceptual dizziness

Secondary Effects

Neck stiffness Gait disorder

Fear of falling Agoraphobia

Fatigue Dissociation

Predisposing Factors Neurotic personality

Pre-existing anxiety disorder

0

Increased introspective self-monitoring

Top-down distortion of afferent signals Provoking Factors
Upright posture
Moving about
Visual stimuli

Dizzying Trigger

Vestibular crisis

Presyncope

Panic attack

Maladaptation

High-risk postural control strategies

Perception of dizziness and unsteadiness

2

Acute Adaptation

High-risk postural control strategies Visual-somatosensory dependence Environmental vigilance

Normal Re-Adaptation

Recovery
Neuro-otological
Medical
Psychological

Re-Adaptation

Vestibular habituation exercises Medication: SSRI/SNRI

Cognitive-behavioural therapy

Persistent Lightheadedness Manual Guide

JG Myers

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