

Persistent postural-perceptual dizziness

Predisposing Factors
Neurotic personality
Pre-existing anxiety disorder

Secondary Effects

Neck stiffness
Gait disorder

Fear of falling
Agoraphobia

Fatigue
Dissociation

Provoking Factors
Upright posture
Moving about
Visual stimuli

1

Dizzying Trigger
Vestibular crisis
Presyncope
Panic attack

2

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

3

Increased
introspective
self-monitoring

Top-down
distortion of
afferent signals

Maladaptation

High-risk postural
control strategies

Perception of
dizziness and
unsteadiness

5

Recovery
Neuro-otological
Medical
Psychological

4

Re-Adaptation
Vestibular habituation exercises
Medication: SSRI/SNRI
Cognitive-behavioural therapy

Normal Re-Adaptation

Persistent Lightheadedness Manual Guide

Jianjun Gao



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