

Balance Problems Affect A Surprising Number of People

A high percentage of the population has, or will, experience some type of "spinning" or abnormal balance sensation often labeled as dizziness or vertigo. Some of these episodes may be mild and of short duration. Others may experience more disruptive balance disturbances that may render them less able to function in the activities of daily living.

The ability to maintain balance depends on the information from the eyes, ears, and brain.

Several medical problems can cause these difficulties. Vestibular testing attempts to determine whether the problem is peripheral, meaning it is in the vestibular system (semicircular canals in the inner ear that are responsible for balance) or central (brain).



ENG Procedure

The ENG procedure may take up to two hours to perform. Electrodes are placed on the patient's face around the eyes and forehead. The patient will be asked to perform tasks including looking at lights on a light bar and moving his or her head and body into certain positions. Near the end of the tests, the patient's ears will be gently irrigated with cool and warm water. Several of these tests might make the patient dizzy for a brief period.

Vestibular evaluation tests are used to examine the balance system. The information from these tests, combined with the patient's medical history and physical assessment, lead to an understanding of the dizziness or balance disorder.

VAT Procedure

The VAT is not only a means for the physicians to determine peripheral vs. central pathology, but also a way to monitor progress following treatment of physical therapy. The VAT procedure lasts approximately twenty minutes. After being seated in a chair, a standard diving mask with a camera is placed on the face of a patient. The patient is then asked to turn their head (right and left, up and down) in time with high pitched beeps. The patient completes a short series of sub-tests of varying rates. It is possible for dizziness to increase *for a brief period of time*.



VENG Procedure

This procedure is an abbreviated version of the ENG (no caloric irrigation of the ears). Like the VAT, a diving mask with camera is placed on the face of the patient for recording purposes. The patient is seated in a chair facing a light bar where they will be asked to focus on red lights in varying locations. Next the patient is placed in several positions on a mat table while their eye movement is recorded.

Important: *If it becomes necessary for you to cancel your appointment for any reason, please call our office at least three (3) days in advance of the scheduled test.*