**ABSTRACT**

**AIM:** To evaluate the efficiency of a balance rehabilitation program in older persons with peripheral chronic vestibular disease. Study design: A clinical prospective study conducted with consecutive older patients (n=25) with diagnosis of chronic peripheral vestibular disease, approved by the Universidade Bandeirante Anhanguera (São Paulo, Brazil) Committee on Ethical and Regulatory Rules, under Protocol number 025-09. Patients agreed to participate in the study and signed an informed consent form. Before and after the balance rehabilitation program, the following data were collected: the patient’s complaints, the Functional Postural Assessment, the Brazilian Dale’s Multidimensional Functional Assessment Questionnaire, the Dizziness Handicap Inventory (DHI) and posturography. Data were analyzed using descriptive and inferential statistics.

**RESULTS:** From 20 patients, 99.0% were female, with mean age of 71.70 years old. After BRP there was reduction of symptoms, of fall risk and in dizziness impact on quality of life in older people with chronic vestibular disease. Performance indices were improved in the functional capacity and the balance functional reserve, mainly in the conditions 2, 3, 5 and 6 (p<0.001). Conclusion: Body balance rehabilitation program was effective to promote reduction of symptoms, of fall risk and in dizziness impact on quality of life in older people with chronic vestibular disease.

**INTRODUCTION**

Balance is a complex sensory-motor function, which ensures stability and control of body movement during standing, walking and performing daily activities.

**METHODS AND MATERIALS**

A clinical prospective study was conducted with consecutive older patients (n=25) with diagnosis of chronic peripheral vestibular disease, approved by the Universidade Bandeirante Anhanguera (São Paulo, Brazil) Committee on Ethical and Regulatory Rules, under Protocol number 025-09. Patients agreed to participate in the study and signed an informed consent form. Before and after the balance rehabilitation program, the following data were collected: the patient’s complaints, the Functional Postural Assessment, the Brazilian Dale’s Multidimensional Functional Assessment Questionnaire, the Dizziness Handicap Inventory (DHI) and posturography. Data were analyzed using descriptive and inferential statistics.

**RESULTS**

From 20 patients, 99.0% were female, with mean age of 71.70 years old. After BRP there was reduction of symptoms, of fall risk and in dizziness impact on quality of life in older people with chronic vestibular disease. Performance indices were improved in the functional capacity and the balance functional reserve, mainly in the conditions 2, 3, 5 and 6 (p<0.001). Conclusion: Body balance rehabilitation program was effective to promote reduction of symptoms, of fall risk and in dizziness impact on quality of life in older people with chronic vestibular disease.

**CONCLUSIONS**

Dizziness and imbalance are common symptoms in older people. The rehabilitation of balance was to restore body balance and accelerating the natural mechanisms of compensation. It induces the patients to perform the main daily tasks without the help of dizziness. Age did not limit the final response of the treatment. The balance exercises were performed in different body postures, with support and sensory conditions associated with head and trunk movements and velocity. Acceleration, body stability in sensory conditions and a vestibular physical therapy can lead to a complete healing in 20 weeks, increasing all parameters of the individuals. This study, 94.2% of patients had complete suppression of dizziness, reduction of symptoms, and a greater performance with good postural control after the treatment.

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**DISCUSSION**

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