

Effectiveness of Cawthorne Cooksey Exercises vs Conditioning Exercises on Balance and Postural Stability among Vertigo Patients

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Abstract

Background of the Study: Vertigo is a rotational, spinning component and is the perception of movement either of the self or surrounding objects that is not occurring or is occurring differently from how it is perceived. Dizziness, vertigo, and disequilibrium are symptoms that can result from peripheral vestibular disorder (85%), dysfunction of the balance organs of the inner ear or central vestibular disorder (15%), dysfunction of one or more parts of the central nervous system that help process balance and spatial information.

Objectives: To study the effectiveness of Cawthorne- Cooksey versus Conditioning exercises on balance and postural stability among vertigo patients.

Methods: This quasi-experimental study design compares two groups using a simple random sampling method. In this study, 30 subjects are included based on the inclusion criteria.

Results: In the comparison of the mean value between the two groups in the Dizziness Handicap Inventory, the mean value of Group A was 29.40, which was less than Group B's value of 35.67. The unpaired 't-test value was 5.732 at a 0.05% level, greater than the tabulated value (2.048). The statistical analysis shows a significant improvement in balance and postural stability in the two groups.

Conclusion: This study's findings underscore the considerable effectiveness of Cawthorne- Cooksey exercises, a key component of the Vestibular Rehabilitation program, in improving balance and postural stability among vertigo patients. These results are not only informative but also highly relevant to the field of physiotherapy, providing a valuable contribution to the understanding and treatment of vertigo.