

Abstract

Dizziness is one of the most common reasons for visiting a doctor. Their common cause is a peripheral vestibular lesion. Recently, more and more evidence is emerging regarding the effect of vestibular rehabilitation in these patients. The aim of the theoretical part of this thesis was to provide a comprehensive review of information on peripheral vestibular lesions with an emphasis on the possibilities of physiotherapeutic intervention. Individual peripheral vestibular lesions, vestibular rehabilitation, principles of its functioning and mechanisms of vestibular function repair were described in detail. The main aim of the experimental part of the study was to evaluate the effect of vestibular rehabilitation in patients with peripheral vestibular lesions. Stance and gait stability and the patient's subjective perception of difficulties were evaluated.

A total of 31 patients (22 women and 9 men) were included in the study. The age range of the patients was 60 years ($SD \pm 13$ years). The mean duration of the difficulties was 30 months ($SD \pm 52$ months). For objectification, the modified Clinical Test of Sensory Inter-action on Balance (mCTSIB), Dynamic Gait Index (DGI) and Vestibular Rehabilitation Be-nefit Questionnaire (VRBQ) were performed. Measurements were taken before and after the rehabilitation program. Each patient underwent rehabilitation 4 to 6 times over a period of 2 to 3 months. The overall subtest results were recorded and compared in a correlation analysis.

Based on the results of statistical processing, a statistically significant improvement between the final test scores of mCTSIB ($p < 0.001$), DGI ($p < 0.001$) and VRBQ ($p < 0.02$) was confirmed. A linear relationship between the test scores and the duration of the difficulties, gender and age of the patients was not demonstrated ($p > 0.05$).

Vestibular rehabilitation proved to be an effective therapeutic tool for patients with peripheral vestibular lesions in addressing stability disorders, improving subjective difficulties and quality of life. The correlation between the effect of vestibular rehabilitation and the duration of difficulties, gender and age of the patient was not confirmed.