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Latest update on vestibular rehabilitation using BAL EX innovation products for balance disordered and stroke patients

Vestibular rehabilitation is one of the optimum treatments to promote the recovery among vestibular disordered and stroke patients. The effectiveness of these physical therapies has been clearly demonstrated. In fact, having an effective therapy that is home based or one to one offers many advantages to the patients and clinicians. Zainun and her colleagues (2009) had developed the first video guided exercise that is home-based known as Bal Ex that is available in multi-languages. Other modules and protocols developed for balance rehabilitation are: Bal Ex Stand Up: Manual footplate for balance rehabilitation, Bal Ex Mobile virtual room for visual vertigo patients, Bal ex stroke home-based video module for stroke rehabilitation, Bal Ex Physio home-based physiotherapy module for stroke patients and others. This module has many advantages which are easy to perform as there are step by step instructions presented with audio and visual cues. Second, since it is home-based, the patients will be able to use as self-guidance and they can minimize their follow up to the hospital for treatment. This is also practical for patients with reduced mobility and it also offers more flexibility. Indirectly, it is also cost-effective in a long run. Indirectly having these latest innovation products will improve our current clinical management of vestibular disordered and stroke patients.

Biography

Zuraida Zainun is currently working as a Medical Officer at Vertigo Clinic, ORL-HNS Department, PPSP, USM, Malaysia. She has published numerous research papers and articles in reputed journals and has various other achievements in the related studies. She has extended her valuable service towards the scientific community with her extensive research work.

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