

#### **BPPV**

A common cause of vertigo, characterised by a short and intense sense of vertigo, induced by certain head positions

# Vestibular Neuritis / Labyrinthitis

A sudden onset of intense vertigo and loss balance (+/- hearing loss). This occurs due to a viral insult to the nerve connecting your balance centre

# **Vestibular Migraines**

Vertigo and dizziness associated with a migraine history

#### **PPPD**

Chronic dizziness and unsteadiness which is worsened by posture and complex visual surrounds - despite the vestibular system working well.

# Peripheral Vestibular Hypofunction

When the balance centre is not working well (imbalance between left and right inner ears).

## **Meniere's Disease**

Acute episodes of vertigo hearing loss, tinnitus and ear fullness/pressure - as a result of build-up / abnormal movement of endolymphatic fluid inside the inner ear

### **Other Conditions**

There are many other conditions impacting balance and causing dizziness, unsteadiness, and/or vertigo. These can be vestibular or neurological