

# How to prevent and treat simple vestibular disorders effectively

Read TipsMake.com's article to learn how to prevent and treat the most effective and simple vestibular disorders.

Vestibular disorder is a common disease and causes many effects on the work and life of the patient. So are there ways to prevent and treat vestibular disorders effectively? Find answers to this question with TipsMake.com!

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## Is vestibular disorder dangerous?

Vestibular disorder is a condition in which the patient has an imbalance in posture, often dizziness, lightheadedness, tinnitus, nausea, staggering, etc. The disease is not directly dangerous to life but can be causes many symptoms, such as:

1. Dizziness, nausea, loss of balance, tinnitus.
2. Whirling, staggering, unbalanced body, losing the means, standing unsteadily, walking staggered.
3. Vision disturbed, afraid of bright images, difficult to focus on focusing on 1 point, appear hallucinations.
4. Hearing loss, or tinnitus.
5. Or tiredness, difficulty concentrating, memory impairment.
6. Psychological change.
7. If you try to move when you get sick, it is easy to break, leading to scratches, broken legs and broken hands, even traumatic brain injury if unfortunately hit the hard object.
8. Untreated vestibular disorders can also lead to other dangerous diseases such as nervous, cardiovascular, low blood pressure, stroke, .



Vestibular disorders cause many effects on work and life

## **How to prevent and treat vestibular disorders**

To minimize symptoms as well as possible complications of vestibular disorders, it is very important to prevent and treat diseases right away. So how to prevent and treat vestibular disorders?

### **How to prevent vestibular disorders**

To prevent the risk of vestibular disorders, you can take the following measures:

1. Perform moderately living regime: Do not stay up late, avoid overwork, avoid sitting for a long time in a cold room, exercise every day, especially the neck area, shoulder and neck, .
2. Limit the use of computers too much, sit for too long, sometimes stand up and move.
3. Eat healthy, hygienic, drink plenty of water (about 2 liters per day).
4. Create a happy, comfortable psychology, limit stress.
5. Restricted in a noisy environment.
6. Health protection when weather suddenly changes.
7. Limit the use of stimulants such as cigarettes, alcohol, .



Regularly practice sports to prevent vestibular disorders

### **How to treat vestibular disorders?**

Currently, vestibular disorders are primarily treated internally (using drugs, brain supplements) combined with eating and practicing science. In addition, patients should be actively treated for comorbid conditions such as hypertension, high blood fat, .

According to doctors, the practice greatly affects the effectiveness of vestibular disorders. Just spending 10 minutes a day for sports activities like running, cycling or doing simple yoga exercises, your illness will be significantly improved.



Yoga supports the treatment of vestibular disorders

Here are some vestibular yoga exercises that you can consult and apply:

### **Exercise 1: The posture of the mountain**

The posture of the mountain is a vestibular disorder exercise with very simple but very good movements for keeping balance. The steps are as follows:

1. The person stands upright, his legs are as broad as his shoulders while breathing deeply and breathing in his lower abdomen.
2. Elevate the chest height, lift the vertebrae up high. Hands up high above the head, clamping to the ear.
3. With two hands folded, the elbows are relaxed. Hold the position for 1 - 3 minutes and breathe evenly.

### **Exercise 2: Standing posture to bend forward**

1. The person stands upright, his legs are as broad as his shoulders, his hands are relaxed down his body.
2. Inhale and bulge your belly. Two hands lift over the head, stretching the vertebrae up high.
3. Exhale from the abdominal cavity.
4. He folded forward, his hands touching the floor, relaxed the top of his head, neck and shoulder. Maintain your posture for 1 - 3 minutes and take a deep breath.

**Note:** When doing this vestibular dysfunction exercise, if you feel a light shock, you should put two hands on your knees and raise your body slowly.

### **Exercise 3: Fish posture**

Fish posture is a yoga exercise for people with vestibular disorders with the effect of strengthening respiratory function, thereby helping to bring blood and oxygen to the brain better.

1. Lie on your back on a yoga mat, 2 feet close together, 2 hands hanging down along your body, palms facing down.
2. Tilt right, underline your left arm. Tilt to the left, under your right arm.
3. Straighten your elbows, deep press the elbows on the floor and transfer heavy weight to your elbows.
4. Inhale, push up your chest. Raise your head, shoulders up from the floor, exhale slowly and lower your head gently, relax.

### **Exercise 4: Posture of the bridge**

Exercise to treat vestibular disorders - posture of the bridge - has the effect of opening the chest, helping deep breathing and regenerating the body's energy.

1. Lie on your back on the carpet, your knees bent, the soles of your feet on the floor, your toes facing straight in front, your arms on both sides of your body, your palms facing down.
2. Slowly inhale, your hips push up, the front body gradually stretches out with each breath. Hold the position for 5 - 10 minutes.

### **Exercise 5: The posture of knee-bending**

1. Lie on your back on the floor, inhale, bend your knees, lift your legs up.
2. Breathing out, hands clutching pillows, pressing against the stomach.

3. Pillows and toes are close together. Raise your neck, head up, chin between two pillows. Between the posture for 30 seconds and deep breathing.

Hopefully, their share of how to prevent and treat vestibular disorders will help you. Wish you and your family stay healthy!

>>> **More references:**

1. What should people eat when they are short of blood, should they eat nothing?
2. Reduced blood flow in the brain can make us stutter
3. 7 Ways to increase memory and ability to concentrate in learning

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