

VESTIBULAR REHABILITATION THERAPY (VRT)

UNTUK PENDERITA VERTIGO

Komunikasi Informasi dan Edukasi

**Disusun untuk Memperoleh Gelar Sarjana Terapan Kesehatan pada
Program Studi Diploma IV Fisioterapi Fakultas Ilmu Kesehatan
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**VESTIBULAR REHABILITATION THERAPY (VRT)
FOR VERTIGO PATIENTS**

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SUMMARY

Background: *Vertigo is a form of headache associated with spinning or floating movements accompanied by dizziness, lightheadedness, even nausea and vomiting, and failure to maintain balance and can cause difficulty standing or walking caused by disorders of the vestibular system. The prevalence of vertigo is a significant global health problem, especially as the population ages. VRT is an exercise-based treatment that encourages the emergence of vestibular empowerment by repeatedly stimulating the vestibular system. In this project, VRT is a physiotherapy intervention effort to overcome vertigo problems. This exercise can improve gaze stability, improve posture stability, reduce vertigo symptoms, and improve daily living activities.* **Objective:** *To increase knowledge for physiotherapists, physiotherapy students, adolescents, and the elderly about applying Vestibular Rehabilitation Therapy (VRT) to vertigo sufferers.* **Method:** *The method used uses IEC media, namely Pocket Books. Pocket Books were chosen as IEC media because they have several advantages.* **Results:** *IEC printed media in pocketbooks entitled "Vestibular Rehabilitation Therapy for Vertigo Sufferers" can be distributed directly to the elderly and physiotherapists.* **Conclusion:** *The pocketbook "Vestibular Rehabilitation Therapy for Vertigo Sufferers" was chosen as a health promotion media targeting physiotherapists, physiotherapy students, adolescents, and the elderly.*

Keywords: *Vestibular Rehabilitation Therapy, Vertigo*