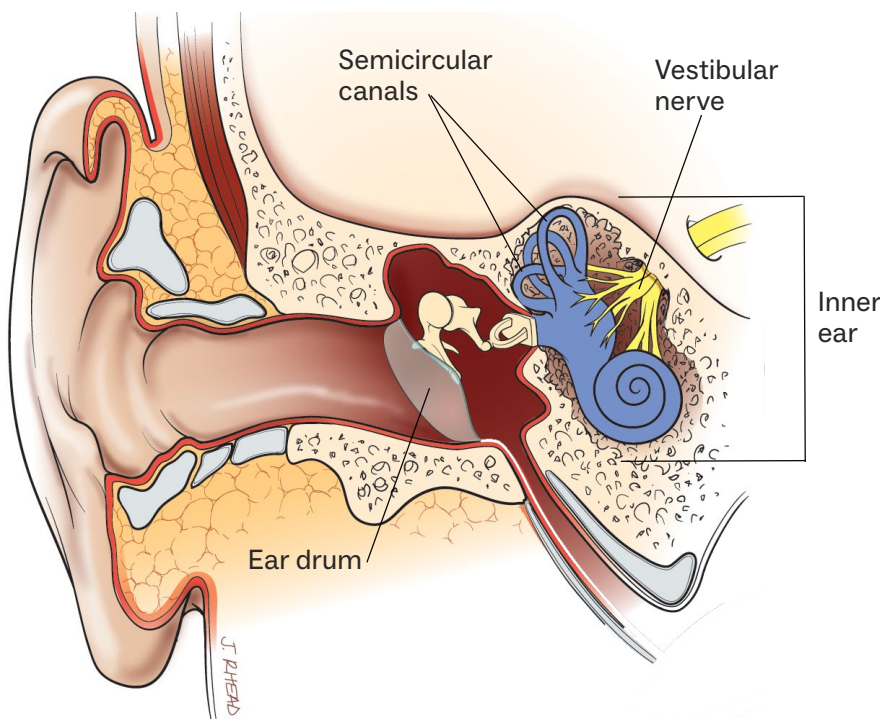


# Chronic Dizziness and Vestibular Testing

## What is vestibular testing and why do I need it?

Chronic dizziness and vertigo can be caused by changes in your brain or the part of your inner ear called the **vestibular** [veh-STIH-byoo-lahr] **system**. This is the part of the ear that helps you keep your balance. Your healthcare provider will do a physical exam and look for signs of balance problems, dizziness, or vertigo (the feeling that you are moving when you are not). To understand the cause of these symptoms, your healthcare provider may recommend vestibular testing.



The semicircular canals contain fluids and fine hairs. When they move, they send signals to the vestibular nerve, which sends signals to the brain. The brain tells your muscles how to stay balanced.

Vestibular testing is done to see whether there is a problem in the inner ear or the brain. They may recommend one or more of the following tests:

- Computerized dynamic posturography [poss-tyur-AH-gruh-fee]. This test checks your balance while you are standing on a balance board.
- Videonystagmography [vid-ee-oh-neh-stag-MAH-gruh-fee]. This test checks for involuntary eye movements while you are wearing special goggles.
- Electrocochleography [ee-lek-troh-cahk-lee-AH-gruh-fee]. This is a way to check the electrical activity inside the cochlea (the tiny, spiral part of your inner ear).
- Rotary chair. In this test, you sit in a chair that turns back and forth. It checks for problems in the inner ear.
- Video head impulse test. This test measures eye movements as your head is turned back and forth.
- Vestibular evoked myogenic [my-oh-JEHN-ik] potential. This test measures your body's response to sound.

