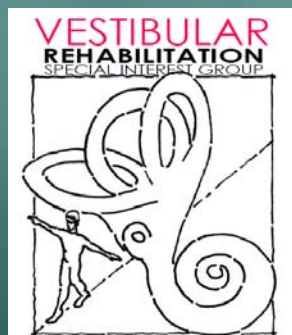


FACT SHEET



Space and Motion Sensitivity

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What is space and motion sensitivity?

People living with vestibular disorders often experience symptoms of disorientation in busy visual environments or in situations with moving visual patterns. These feelings are sometimes called *visual vertigo* or *space and motion discomfort* by doctors. Supermarkets, large crowds, or even fence posts seen within a person's side vision can cause significant distress (dizziness, nausea, or even disorientation) in people with space and motion sensitivity. Children may not tolerate playing on playground equipment and busy environments, or may complain of upset stomachs when riding in a car. Younger children may not 'complain' but rather avoid activities, appear 'cranky' or appear overly clumsy. Some scientists think that the sensations that you feel may be related to an over-reliance on your eyes for your balance rather than on your other senses (from your feet on the floor and from your inner ear).

What can be done about my space and motion symptoms?

One type of physical therapy is called habituation therapy. Habituation will expose you to increasingly bothersome sensations so that you will get used to them and gradually feel better. This is done very slowly so that you can still function. This kind of treatment is usually supervised in the clinic and is also practiced by you at home.

Some people have very bad symptoms and cannot tolerate these habituation exercises. When this happens, the physical therapist will contact your doctor to see if there is a medicine that can "calm down" your symptoms and then will resume your exercise program after you can tolerate the exercises.



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