

# Persistent Postural-Perceptual Dizziness (3PD)

## FACT SHEET



Vestibular Rehabilitation  
Special Interest Group



### *What is space and motion sensitivity?*

People living with vestibular disorders may experience symptoms of disorientation in busy visual environments or in situations with moving visual patterns. These feelings are sometimes called chronic subjective dizziness, visual vertigo, or space and motion discomfort. Recently, a diagnosis code has been created for this disorder if it continues more than 3 months (3PD). 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. However, 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 you relying on information from your eyes for your balance than your other senses (the feeling in your feet and information from your ears).

### *What can be done about my space and motion symptoms?*

Physical therapists often try several different things to help people with space and motion sensitivity. One type of treatment is called habituation therapy. Habituation treatment involves exposing you to more and more difficult sensations that bother you so that you will get used to the sensations that bother you so that you do not feel as bad. Habituation treatment is done very slowly so that you can still function. If you are exposed to environments and conditions that are too hard for you, you will feel worse. This kind of treatment is usually supervised in a physical therapy clinic and is followed up by you in your home. In some people, moving lights around you as you sit or stand have resulted in improvements in function so there is some evidence that this is a possible treatment for your problem. Also, watching videos simulating riding in a car, watching busy traffic, walking in a mall, supermarket, or over a patterned carpet, have also been shown to help your symptoms lessen so that you can return to your normal activities.

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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