

Vertigo?

Dizzy Spells?

VVP Exercise with the SportKAT/Korebalance can help!

SPATIAL ORIENTATION & EQUILIBRIUM DISORDERS are a major problem for our Pilots in the Military. However, a protocol has been developed that has been 97% effective in addressing many of the symptoms of these disorders.

TYPES OF DISORDERS: The patients that were treated had various disorders including Post Brain Tumors (Acoustic Neuroma Resection), Head Trauma, Post Concussion, Menieres Disease, Vertiginous Migranes, Vestibular Neuronitis and Presbystasis.

NUMBER OF PATIENTS: 140 patients have been treated over a period of 14 months.

TREATMENT: A study conducted at the Department of Defense Spatial Orientation Center located at the Naval Medical Center San Diego evaluated an effective way to treat patients with a variety of different balance disorder such as Meniere's Disease, Vertigo, and dizzy spells. During the study, Dr. Michael Hoffer and Dr. Kim Gottshall developed a VVP exercise protocol. The VVP protocol (Visual, Vestibular & Proprioceptive) requires the patient to use all three systems in a coordinated integrated task. The patients were required to use a Kinesthetic Ability Trainer for 30 minutes a day for 10 days. The equipment chosen for this treatment was the SportKAT. It is a dynamic proprioceptive, visual, and vestibular trainer that offers an infinite range of adjustable settings to accommodate patients with varied body weights and physical activity levels. It is fully computerized and the software requires the patient to stand on an unstable platform and perform a series of exercises that require the Visual, Vestibular and Proprioceptive systems to work together in an integrated manner to accomplish a task.

EFFECTIVENESS: The equipment was used as a primary rehabilitation tool on one-third of the patients and was the main secondary tool used if individuals failed more traditional therapy. Results for primary treatments using the device were 97% for a variety of different balance disorders. For secondary treatment the device was 100% effective. This is a startling statistic since those undergoing secondary treatment had failed other rehabilitation techniques.

PATIENT COMPLIANCE: Not only was the therapy effective, but the patients enjoyed the therapy and found it challenging and fun, which made patient compliance excellent. The software is similar to a video game and gives the patient a score at the end of each session.

OUTPATIENT USE: Current therapy consists of daily use of the equipment. One program involves daily use of the device under the guidance of a physical therapist or a physical therapy technician in the clinic. The SportKAT 650 is a portable system has been developed for use in the home setting.

 ©2008 SportKAT, LLC All Rights Reserved.