

TRANSCRIPT OF VIDEO CLIPS-High-tech goggles bring clarity to vertigo

SOT-Rehab patient Dave William, 82, of Bloomington, Illinois

Dave remembers the first time vertigo hit him in his 40s.

"Well in my 40s one night, I woke up and I thought I was having a heart attack because everything was spinning, and I had cold chills. I was in cold sweats." (:15)

Williams says the technology provided something he didn't have for years – an explanation and a plan for when he has an episode for his chronic condition.

"A good part of it is from the old days, when there wasn't much you could do but take the meclizine [motion sickness medication] and wait it out. That, you know, with the right treatment, the right diagnosis, and the right exercises, you can fix it pretty quick." (:21)

Once identified the source of the vertigo through use of the Vestibular First goggles, Williams is given maneuvers he can do at home.

"I put my own name to them. Like, there's the slam dunk I call it. And so, I would have to hit my head as hard as I could on the pillow to juggle the crystals loose and then rotate my head in a certain way and do that like twice a day to get the crystals unstuck." (:23)

SOT- Vestibular Therapist Kristine Cottone, PT, DPT, MBA, manager of rehab services at OSF HealthCare in Bloomington, Illinois

Therapists can see involuntary eye movements to determine which part of the inner ear is causing the problem and guide treatment maneuvers designed to reposition the misplaced crystals.

"So, it has changed significantly in the sense that it has made it very clear what the problem is and I think 20 years ago, sometimes we were guessing based on test position and symptoms," says Cottone. "And I think that's why we had a longer trajectory of recovery than we're seeing now." (:20)

A virtual reality platform called Bertec allows physical therapists to understand weaknesses in the vestibular system that are leading to balance issues.

"The Bertec really helps us identify, 'Well, I think you're having trouble in a busy environment, or you're having trouble when you're scrolling on your phone or reading on your Kindle because the ear is weak and the eyes are working overtime,'" Cottone explains. "So, it allows us to see where in the system the weakness is, and from there, we can put the patient through fairly lifelike circumstances to rehab them." (:29)

Cottone says the latest generation of equipment is transforming care, even in the many smaller, more rural communities served by OSF.

“Having this equipment, especially the goggles and then the Bertec, is an added plus. It really allows community members to stay within their community and get the best care possible and very thorough care. And then if we’re not the ones that can help you with whatever is going on, we’ll at least know that and we’ll be able to then move you on within OSF to the right provider.” (:21)