

ORAL PRESENTATION OP11

Home-based Exercise Programmes and Self-Management Education in Benign Paroxysmal Positional Vertigo and Vestibular Hypofunction: A Bibliometric and Narrative Review

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ABSTRACT

Background and Objectives: Benign paroxysmal positional vertigo (BPPV) and vestibular hypofunction are common vestibular disorders encountered in clinical practice, especially in older adults, where dizziness and imbalance contribute to falls, reduced mobility, and loss of independence. Although canalith repositioning manoeuvres resolve positional vertigo in many cases of BPPV, several individuals continue to have residual dizziness, impaired balance, or coexisting vestibular hypofunction. These problems highlight the need for treatment strategies that support long-term management. This review examined the development of research, thematic trends, and clinical implications of home-based exercise programmes and self-management education for individuals with BPPV and vestibular hypofunction. **Methods:** A structured search of the Web of Science Core Collection was performed using topic-based terms related to vestibular disorders, exercise therapy, home-based exercise programmes, tele-rehabilitation, and patient education. Bibliometric mapping was used to identify publication trends and keyword relationships, and a narrative synthesis was undertaken to interpret the clinical themes emerging from the literature. **Results:** The findings demonstrate a progressive shift in vestibular research from an early emphasis on diagnostic clarification and manoeuvre-based treatment toward increasing attention to functional recovery and patient-centred care. Evidence from the literature indicates that vestibular rehabilitation, particularly when delivered via home-based exercise programmes supported by education, is associated with improvements in dizziness, balance, gait stability, fall risk, and quality of life. **Conclusion:** Overall, the literature supports an integrated model of vestibular management that combines accurate diagnosis, repositioning manoeuvres, home-based exercise programmes, and patient self-management education to support recovery and long-term independence.

Keywords: Benign paroxysmal positional vertigo; vestibular hypofunction; vestibular rehabilitation; home-based programmes; self-management education

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