

# Do you need vestibular rehabilitation?

## Volunteers needed for a Research Study

We are investigating the feasibility and acceptability of providing an 8 week Holographic Balance Rehabilitation programme (HOLOBalance), compared to a commonly used balance rehabilitation programme (The Balance Retraining Programme).

### You may be suitable if you:

- Are aged between 40 and 59
- Can walk 500 metres outside (with or without a stick)
- Have a clinically confirmed vestibular disorder
- Are able to attend rehab twice weekly for 8 weeks
- Are not currently participating in vestibular rehabilitation
- Do not have a neurological disorder (e.g. stroke)
- Do not have any acute medical issues that limit your ability to participate in an exercise programme
- Do not have low mood
- Do not have cognitive impairment

You will be required to undergo a brief screening session to confirm eligibility prior to enrolment

### For further information please contact

E: [carol.flavell@kcl.ac.uk](mailto:carol.flavell@kcl.ac.uk) or E: [matthew.liston@kcl.ac.uk](mailto:matthew.liston@kcl.ac.uk)  
T: 0207 848 6679