

Aesthetic Medicine and ENT

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Vestibular rehabilitation is one of the optimum treatments to promote the recovery among vestibular disorder and stroke patients. The effectiveness of these physical therapies has been clearly demonstrated. In fact, having an effective therapy that is home based or one to one offers many advantages to the patients and clinicians. Zainun and her colleagues (2009) have developed the first video guided exercise that is home-based known as Bal Ex. Other module and protocols developed for balance rehabilitation are Bal Ex Stand Up: Manual Footplate for Balance Rehabilitation, Bal Ex Mobile Virtual Room for visual vertigo patients, Bal Ex Stroke homebased video module for stroke rehabilitation, Bal Ex Physio homebased physiotherapy module for stroke patients and others. This module has many advantages which are easy to perform as there are step by step instructions presented with audio and visual cues. Second, since it is home-based, the patients are able to use their self-guidance and they can minimize their follow up to the hospital for treatment. This is also practical for patients with reduced mobility and it also offers more flexibility. Indirectly, it is also cost-effective in a long run. Indirectly having this latest innovation product will improve our current clinical management of vestibular disorder and stroke patients.

Zuraida is a senior medical lecturer in the Audiology Program, School of Health Sciences, Universiti Sains Malaysia (USM). She received her Medical Degree (MD) from USM in 2002 and Master of Science (Medical Audiology) in 2010 from the same university. She was the pioneer in establishing USM Vertigo Clinic since \$SDUW IURP KHU FOLQLFDO FRPPLWPHQW VKH KDV DOVR EHHQ DQ DFWLYH UHVHDUFKHU LQ WKH world both locally and internationally and has published more than 60 publications including journal, oral, books and proceeding. Awarded with many research grants, Dr Zuraida has invented many clinical tools for assessing and treating balance disordered and stroke patients. Her home based treatment product, known as Bal Ex, has won many awards (gold and silver medals). She is currently developing a virtual vestibular rehabilitation procedure for balance disordered patients.

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