



Basic Vestibular Protocol – SportKAT 4000

Use: Individuals with stable peripheral vestibular disorders

Goals: Improve stability and balance skills

Intended length of treatment: 12-19 fifteen-minute sessions

Elements of the therapy:

1. Pre-treatment assessment
2. SportKAT training using standard SportKAT patterns
3. Post-treatment assessment

Details of the therapy:

1. Pre-treatment assessment: Vestibular History and physical, measure of postural stability, measure of balance confidence.
2. SportKAT training (session days):

<p><u>1st Day</u></p> <ol style="list-style-type: none"> a) Test on SportKAT for base line assessment. Static Mode & Dynamic Moving Clockwise Square b) PSI 6.0 c) Speed of Cursor: Level 2 d) Dynamic Moving: Clockwise Square & Counter Clockwise Square e) Footwear: Shoes f) Stance: Parallel & Stride 	<p><u>4th Day</u></p> <ol style="list-style-type: none"> a) PSI 5.5 b) Speed of Cursor: Level 3 c) Other conditions the same
<p><u>2nd Day</u></p> <ol style="list-style-type: none"> a) PSI 6.0 b) Speed of Cursor: Level 2 c) Remaining Conditions the same 	<p><u>5th Day</u></p> <ol style="list-style-type: none"> a) PSI 5.5 b) Speed of Cursor Level 3 c) Other conditions the same
<p><u>3rd Day</u></p> <ol style="list-style-type: none"> a) PSI 5.5 b) Speed of Cursor Level 2 c) Remaining Conditions the same 	<p><u>6th Day through 12th - 19th Day</u></p> <ol style="list-style-type: none"> a) PSI 4.5 depending on ability b) Speed of Cursor Level 3 c) Other conditions the same

3. Post-treatment assessment – Vestibular exam, measure of postural stability, measure of balance confidence

Follow-up: Standard follow-up of peripheral vestibular disorders