UpRight Physiotherapy
keep your balance

PATIENT INFORMATION

Persistent postural perceptual dizziness (PPPD)

What is PPPD?

PPPD causes dizziness or unsteadiness on most days for **3 months or more**. It relates to how the brain processes balance and visual information. **The symptoms are real**, even when scans or balance tests are normal.

Why does it happen?

PPPD can follow BPPV, vestibular neuritis, migraine, another illness, or a stressful event. The brain may remain on high alert and rely too heavily on vision to control balance.



What might you notice?

- Rocking, swaying, floating, or a sense of unsteadiness
- More symptoms when upright, walking, moving your head, or travelling in a vehicle
- Discomfort in busy shops, crowds, traffic, or when scrolling on a screen

Symptoms can last for hours and fluctuate through the day. PPPD can occur alongside other conditions, including vestibular migraine.

How is it diagnosed?

Diagnosis involves evaluation of your symptom pattern and clinical examination. **No single test confirms PPPD.** Tests may help identify other causes of dizziness or conditions that occur alongside it.

What can I expect?

Recovery is gradual and symptoms can fluctuate. Pace your activity and prioritise positive lifestyle habits including gradually increasing physical activity, optimising sleep hygiene, and managing stress. The aim is better daily function and confidence.

What can help?

- **Vestibular rehabilitation:** A key part of care. Graded exercises build tolerance to movement and busy surroundings.
- **CBT:** Cognitive behavioural therapy can reduce symptom-related worry and avoidance, and support a return to everyday activities.
- **Medical care:** Your doctor may consider medication and help manage associated conditions, such as migraine.

Sources: Staab et al. (2017); Herdman et al. (2022); Dorset County Hospital (2025); Cochrane (2023).