UpRight Physiotherapy
keep your balance

PATIENT INFORMATION

Vestibular neuritis

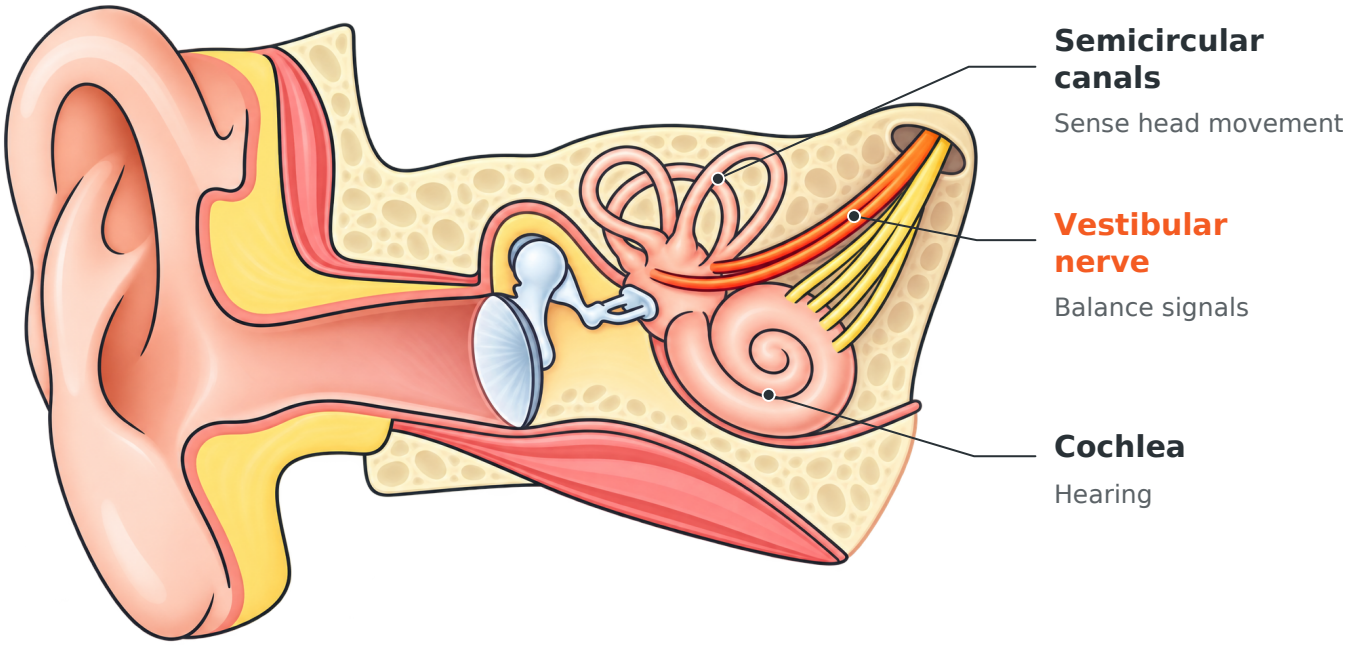
Understanding your balance nerve

What is vestibular neuritis?

Vestibular neuritis is a sudden reduction in balance function in one inner ear. It is usually linked to inflammation of the **vestibular (balance) nerve**, which carries messages from your inner ear to your brain. **Hearing is usually unaffected.**

Why does it make me feel dizzy?

Your brain normally compares signals from both inner ears. If one side sends weaker signals, the mismatch can make you feel as if you are spinning, even when still. A viral cause is suspected, but has not been proven.



Simplified ear illustration; the balance nerve is highlighted. Not to scale.

What might you notice?

- Sudden, continuous vertigo, often strongest in the first few days
- Nausea, vomiting and unsteadiness
- Head movement can worsen dizziness or blur your vision

Diagnosis and recovery

A clinician assesses eye movements, balance and nerve function to distinguish it from other causes of sudden vertigo.

Vestibular rehabilitation is a key part of recovery. It helps your brain adapt, reduces dizziness and improves balance and vision during movement.

Sources: Bárány Society diagnostic criteria (2022); APTA vestibular rehabilitation guideline (2022); NHS information (2026).