

The Impact of Age Related Vestibular Loss on Gaze Stability, Balance, & Gait

Eric Anson, PT, PhD

Postdoctoral Fellow

Department of Otolaryngology Head & Neck Surgery

Johns Hopkins Medical Institutes

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6:45 am – 7:45 am

ENT Conference Room 1-5015 (inside Otolaryngology Office Suite 1-5045)

Content:

The vestibular system degenerates during natural aging. This age related vestibular dysfunction results in measureable gaze instability and decline in postural control, independent of age. Compensatory saccade amplitude, but not vestibulo-ocular reflex gain was predictive of successfully completing a tandem balance test in healthy older adults. Postural sway increases with age, but changes in proprioception and vestibular function appear to drive the increase in sway. Failing the foam eyes closed balance test is associated with reduced semicircular canal function, and this imbalance mediates the relationship between slower gait speed and increasing age.

Objectives:

- 1) Recognize the clinical manifestations of age related vestibular loss
- 2) Identify the vestibular link between standing balance ability and walking ability in older adults

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