

Dizziness and vertigo

A practical guide to symptoms, safety and physiotherapy

Dizziness is a symptom with many possible causes. A careful assessment helps decide what support is right for you.



What might it feel like?

Spinning or movement (vertigo), light-headedness, feeling faint, unsteadiness or difficulty focusing your eyes while moving. Symptoms may overlap.



Common patterns

Brief spinning with rolling or looking up may fit BPPV. Visual blur or imbalance with head movement can occur with inner-ear balance problems. Migraine, blood pressure, medicines and other health issues can also contribute.



How physiotherapy can help

Assessment may include symptom history, eye movements, balance, walking and positional tests when suitable. Treatment may include a clinician-performed repositioning manoeuvre for BPPV or tailored vestibular exercises.



Stay safer during symptoms

Sit or lie somewhere safe. Stand up slowly and use support if unsteady. Avoid driving, cycling in traffic, ladders and machinery while dizzy or visually affected. Track when symptoms happen and what comes with them.



Get urgent help

Call 000 or go to an emergency department for sudden weakness or numbness, facial droop, trouble speaking or swallowing, double vision or sudden vision problems, severe difficulty walking or coordinating movement, confusion, or a sudden severe headache. Do not drive yourself.



Book a medical review

See your GP for new, recurring, persistent or worsening dizziness, a fall or fainting, new hearing loss, significant vomiting, or concerns about medicines. In Victoria, NURSE-ON-CALL is available on 1300 60 60 24.

Physiotherapy at Strides Health Group

We assess dizziness and balance concerns and can help with appropriate vestibular rehabilitation. Your care is guided by your symptoms and assessment; we may recommend medical review when needed.

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General information only. It does not replace medical assessment. Reviewed October 2026.