

Disequilibrium is the sensation of being off balance, and is most often characterized by frequent falls in a specific direction. This condition is not often associated with nausea or vomiting.

Unlike [dizziness](#), [vertigo](#) has a rotational, spinning component, and is the perception of movement, either of the self or surrounding objects. [Disequilibrium](#) simply means unsteadiness, imbalance, or loss of equilibrium that is often accompanied by spatial disorientation.

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