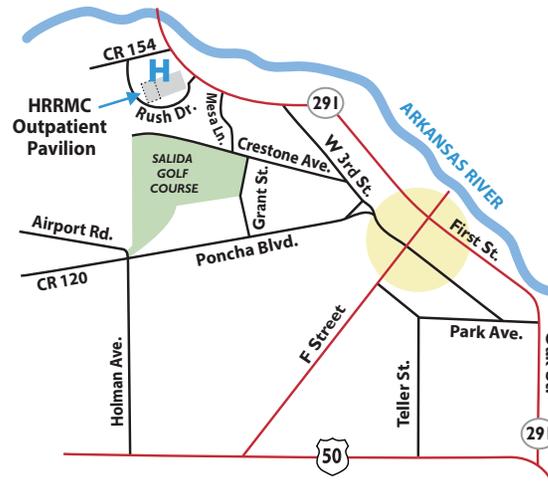
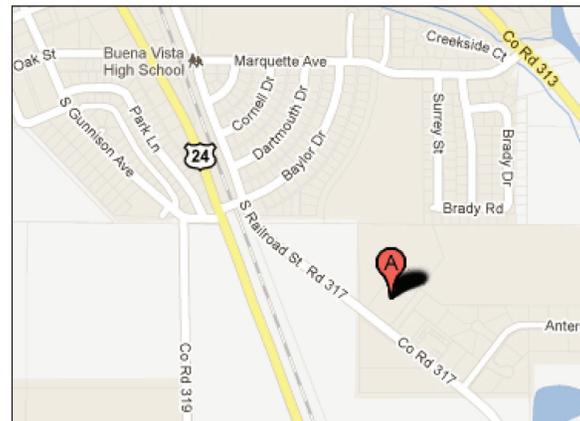




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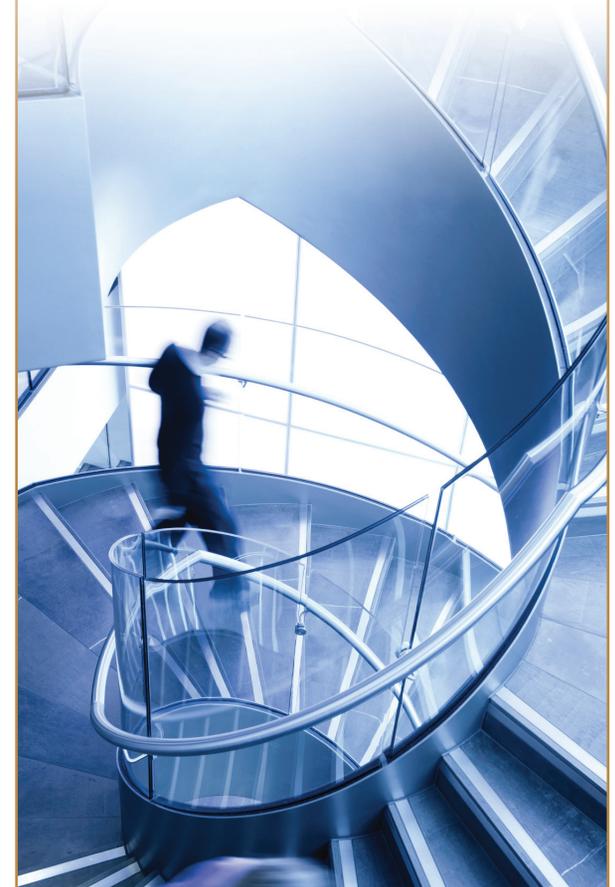


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# VESTIBULAR REHABILITATION THERAPY

For dizziness and balance problems



## VESTIBULAR REHAB THERAPY

Vestibular Disorders such as dizziness and imbalance are much more common than often thought. When disease or injury damages the parts of the inner ear and brain that process sensory information involving balance and eye movements, the result is typically balance problems.

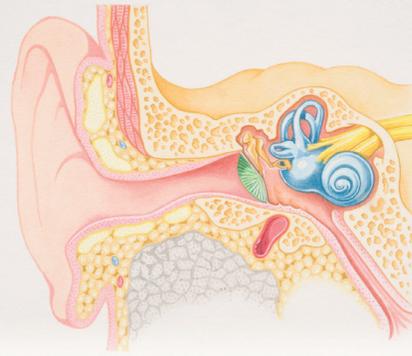
Although it is difficult to accurately diagnose and report vestibular disorders, statistics support that they occur frequently and can affect people of any age. If you experience issues with dizziness, vertigo or other balance problems, you could benefit greatly from Vestibular Rehabilitation Therapy, a specialized type of physical therapy.

### WHAT IS VESTIBULAR REHAB THERAPY (VRT)?

VRT is an exercise-based rehabilitation program that is designed to help the central nervous system retrain itself after disease or injury damages the inner ear.

A qualified physical therapist will perform a thorough evaluation, which includes your medical history and observing and measuring your posture, balance, gait, and any compensatory strategies you may be using. Therapists will then develop an individualized treatment plan that includes specific head, body and eye exercises. These exercises are designed to retrain the brain to recognize and process signals from the vestibular system and coordinate them with information provided by vision, movement and body position.

Therapy generally involves daily home exercises and weekly exercises in the clinic.



### WHAT COMMON SYMPTOMS CAN BE DECREASED OR CORRECTED WITH VRT?

- Vertigo and dizziness
- Imbalance and spatial disorientation
- Vision disturbance
- Hearing changes
- Cognitive and/or psychological changes
- Benign Paroxysmal Peripheral Vertigo\*\*

Some exercises and activities may at first cause an increase in symptoms as the body and brain attempt to sort out the new pattern of movement. For this reason, many people give up on VRT before improvements are made. If exercises are performed correctly and faithfully, most patients will see an improvement over time. Many times, VRT is so effective that additional treatments are not required.

\*\*Benign Paroxysmal Peripheral Vertigo (BPPV) is a disorder that arises in the inner ear and is characterized by spinning. Symptoms occur during changes in head and body position and can last for seconds to minutes. While BPPV may be debilitating and frightening for a moment, it is not life threatening and typically responds well to intervention techniques within one to three visits.