

Physical Therapy etc.

# Vestibular Rehabilitation – Dizziness & Balance

Vestibular Rehabilitation is a specialized form of physical therapy which is designed to alleviate problems associated with the vestibular system. The vestibular system is involved with balance, posture, and movement and when it is not functioning correctly may result in dizziness, imbalance, falls, gait disturbances and an abnormal sense of movement. Therapy for vestibular disorders takes many forms and an individualized evidence-based exercise program



is prescribed for an individual after a thorough evaluation is completed. Some exercises target balance, some the sense of spinning or dizziness, some walking, and some coordination of visual signals with body movement. In addition to the specific vestibular exercises, general fitness exercises are often included in the recommendation as well. Some specific conditions which may be helped with Vestibular Rehabilitation include:

- \* Benign Paroxysmal Positional Vertigo (BPPV)
- \* Vestibular neuronitis or labyrinthitis
- \* Post-concussion syndrome
- \* Traumatic Brain Injury (TBI) or stroke
- \* Imbalance or dizziness following brain surgery
- \* Dysequilibrium of Aging
- \* Motion sensitivity or vague symptoms of dizziness