

# Nashoba Valley Medical Center

A STEWARD FAMILY HOSPITAL

Steward

## The Rehab Dept now offers: VESTIBULAR REHAB

### What is Vestibular Rehabilitation?

Vestibular rehabilitation is an exercise based program designed by a specialized physical therapist to improve balance and reduce/eliminate dizziness related problems and symptoms.

### Who can benefit from vestibular rehabilitation?

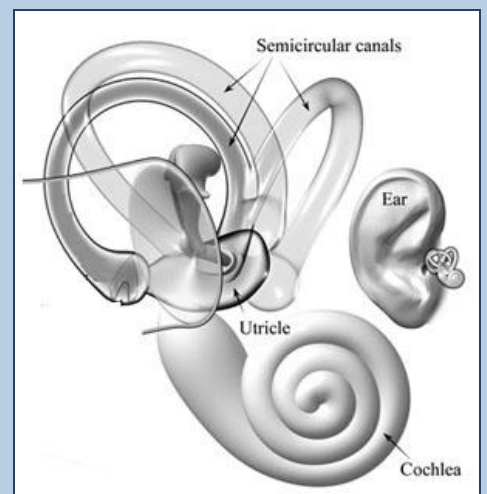
Patients with:

- Vertigo
- Dizziness/Imbalance
- Spinning sensation
- Meniere's Disease
- Benign Paroxysmal Positional Vertigo (BPPV)
- Brain injury/Post-concussive syndrome
- Frequent falls

### What are expected outcomes with vestibular rehab?

Expected vestibular rehabilitation outcomes include:

- Decreased fall risk
- Decreased dizziness symptoms
- Improved balance
- Improved ability to stabilize vision and gaze
- Increased body strength
- Return to prior level of function and movement
- Increased confidence in ability to maintain balance
- Improved neck motion with reduced symptoms



Many times just a few vestibular rehab therapy sessions will be needed. If patients continue to perform the exercises they have learned, balance and dizziness problems can significantly decrease or even disappear.

Call The **Rehabilitation Department** at Nashoba Valley Medical Center to schedule your patients today!