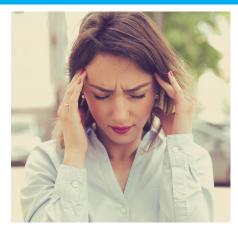
Vestibular Rehabilitation Therapy



What is the vestibular system?

The vestibular system is the part of the inner ear involved in controlling eye movement and balance. It is the body's key sensory system for coordinating movement with balance.

Patients who have acute or chronic dizziness or problems of the inner ear that disrupt their everyday functioning and quality of life may benefit from vestibular rehabilitation. Through a series of special exercises, these and other related problems, such as nausea and/or vomiting, can be addressed.

One of the additional consequences of having a vestibular disorder is that symptoms frequently cause people to adopt a sedentary (not active) lifestyle in order to avoid causing, or worsening, dizziness and imbalance.

Understanding Symptom Terms:

- Dizziness is an impairment in spatial perception and stability.
- Vertigo has a rotational, spinning component, and is the perception of movement, either of the one's self or surrounding objects.



Vestibular Rehabilitation Therapy

Vestibular rehabilitation therapy consists of a variety of exercises designed to improve a patient's ability to function at home and in the community. Vestibular therapists tailor treatments specifically to each patient.

Treatment by a vestibular therapist often results in improved balance, decreased risk of falling, improved ability to stabilize vision and decreased dizziness. Vestibular rehabilitation therapy may last from one or two sessions to a few months.

Services are covered by most insurances.

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¿Habla español? Le proporcionaremos un intérprete sin costo alguno para usted.

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For more information, call:

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