

# 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.**

## **INTERPRETER SERVICES AVAILABLE**

### ***Portuguese - Português***

Fala Português? Vamos oferecer-lhe um intérprete gratuito.

### ***Spanish - Español***

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

Steward Health Care complies with applicable Federal and State civil rights laws and does not discriminate on the basis of race, color, national origin, gender, sexual orientation, religion, disability or age.

**For more information, call:**

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