Balance and Vestibular Program

The Rancho Balance and Vestibular Program evaluates and treats patients with vestibular and balance disorders. Our team of experts includes physical therapists, audiologists, and neurologists who have specialty training in the area of vestibular and balance disorders. The interdisciplinary team of specially-trained clinicians work together to diagnose and treat people experiencing these disorders. The process begins with a thorough evaluation including vestibular function, oculo-motor assessment, postural exams, and balance and movement analysis. State-of-the-art equipment is used that provides standardized tests and measures to collect objective data.

Computerized Dynamic Posturography

Computerized Dynamic Posturography (CDP) is a unique assessment technique used to objectively quantify and differentiate among the potential causes (sensory, motor, and central nervous system) of an individual's problem with balance or

dizziness. CDP is complementary to clinical tests designed to localize and

categorize pathological mechanisms of balance disorders. CDP can help identify and differentiate the functional impairments associated with the pathological processes. By itself, CDP cannot diagnose pathology or site-of-lesion.

Because of the complex interactions among sensory, motor, and central adapting processes, CDP requires separate protocols to adequately differentiate impairments. CDP exposes the patient to a variety of controlled visual and support surface conditions.

The benefits of CDP are well documented in the medical literature. The contribution of CDP testing to positive treatment outcomes has been demonstrated in numerous controlled studies.

Video Frenzel Lenses

Video Frenzel lenses provide clinicians with a method to enhance visual observation of eye movement during the clinical examination. Eye movements are magnified so that the clinician can more likely identify abnormal oculomotor control and nystagmus. Of particular importance in the examination is viewing eye movements when fixation (ability for the eye to fixate on information in the environment) is removed. When fixation is removed, nystagmus associated with unilateral peripheral vestibular lesions may be more apparent, and a diagnosis can be determined.

Video Frenzel lenses consist of a magnification lens (+20), lighting, and recording system. Tests with Frenzel lenses are performed in a dark room so that the patient cannot fixate well and the clinician can see the magnified image of the eye. Video lenses project the image of eyes on to a monitor. Video recording allows the clinician to review the eyes clearly and review eye movements after the examination.

Videonystagmography (VNG)

Videonystagmography testing (VNG) helps to determine if the dizziness is caused by vestibular (inner ear) disease and assesses the function of each ear independently. The procedure is minimally invasive, and usually only mild discomfort is experienced by the patient.

Rancho Balance and Vestibular Program welcomes referrals for outpatient consultation and treatment. Providers and patients: please complete the Outpatient Therapy Referral Form – Community [https://file.lacounty.gov/SDSInter/dhs/1029327_CommunityReferral-ConsolidatedOutpatientTherapyReferral.pdf] prior to scheduling an appointment. Submit the completed forms by fax to the Rancho Outpatient Referral Office at (562) 385-7826.

For appointments and appointment related inquiries please call (562) 385-6536. Office hours are Monday – Friday (8:00 a.m. to 5:00 p.m.).

For more information:

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