

Balance and Vestibular Rehabilitation Programs at UPMC Rehabilitation Institute

Dizziness and balance problems can significantly affect quality of life and the ability to function. In some cases, dizziness results in a higher risk for falls and serious injuries. Our balance and vestibular rehabilitation program offers a complete and methodical approach to uncover and treat the underlying cause of your balance problems.

What Is Vestibular Therapy?

Including structures in the inner ear and connections to the brain, your vestibular system helps maintain your body's sense of equilibrium, or balance. Balance and vestibular rehabilitation is a specific [type of physical therapy](#) that focuses on minimizing the effects of vertigo and imbalance disorders.

Therapy consists of exercises specifically prescribed to help your condition so that you may return to a safe and active lifestyle. Exercises often incorporate head movement, repositioning, and gait stabilization.

What Causes Balance Problems?

There are many different causes of balance problems, including migraine headaches and [concussions](#). Other causes of frequent dizziness or falls encompass a variety of inner ear and brain disorders, such as:

- Meniere's disease
- Positional vertigo (BPPV)
- Vestibular neuritis

Balance Disorder Symptoms

Symptoms of damage to the vestibular system or of a balance disorder often include:

- Dizziness
- Vertigo (sensation of spinning)
- Headaches
- Nausea
- Frequent falls

Benefits of Balance and Vestibular Therapy

Our specially trained therapists work to return you to a full and independent life as soon as possible. Though there is no specific solution for diagnosed balance disorders, vestibular therapy significantly reduces symptoms.

Depending upon your evaluation, a vestibular therapist can include exercises to:

- Improve symptoms of dizziness
- Increase stability during walking
- Reduce risk of falls
- Stabilize gait and vision

Read more about the experiences of [patients who received balance and vestibular rehabilitation therapy](#).