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Home Balance and Vestibular Therapy

Vestibular rehabilitation therapy (VRT) is an exercise-based program designed to promote central nervous system compensation for inner ear deficits. VRT is useful for a variety of vestibular disorders, including benign paroxysmal positional vertigo (BPPV) and vestibular hypofunction (reduced inner ear function) associated with Ménière's disease, labyrinthitis, and vestibular neuritis. Even individuals with long-term unresolved inner ear disorders who have undergone a period of medical or surgical management with little or no success may benefit.



WHY IS VRT NEEDED?

When the vestibular organs are damaged with disease or injury, the brain can no longer rely on them for accurate information about equilibrium and motion, often resulting in dizziness, vertigo, and balance problems

WellnessOne has Certified Vestibular Rehabilitation therapists who will first perform a thorough evaluation that begins with a medical history and includes observing and measuring posture, balance and gait, and compensatory strategies. Using the evaluation results, the therapist will develop an individualized treatment plan that includes specific head, body, and eye exercises to be performed both in the therapy setting and at home. These exercises are designed to retrain the brain to recognize and process signals from the vestibular system and coordinate them with information from vision and proprioception. This often involves desensitizing the balance system to movements that provoke symptoms, and increasing home-based activities and exercise in order to strengthen muscles.



News & Events



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Women’s Clinic



WELLNESS STARS
Peadiatrics



WELLSAID
Speech & Language Clinic



WELLAGED
Geriatric Clinic