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Effective Treatment for Balance and Vestibular Disorders

Dizziness and balance disorders are frequent problems, especially in aging adults. While vestibular dysfunction is often seen in older individuals, it may occur at any age. Dizziness, vertigo, disequilibrium, blurred or bouncing vision, vertigo and anxiety are common symptoms that may result from an issue with your vestibular system.

During everyday tasks, our brain assesses inputs from our vision, inner ear, and body to coordinate appropriate balance reactions. Problems in the brain or any of our sensory systems may result in loss of balance and/ or falls. While these sensory systems tend to decline with age and various medical conditions, imbalance can occur at any age.

The good news is that customized balance and vestibular rehab are effective treatments. Our specialists can improve balance abilities and reduce risk of falls at every age. Balance and vestibular rehab can help patients decrease dizziness, reduce their need for medication and improve activity levels.

Feel better, faster with proven results

Using the latest advancements in technology, coupled with knowledge from experts trained in vestibular and balance rehab our team will develop a program specifically tailored to your needs.

Our patients report improved balance and confidence, reduced symptoms such as dizziness, and improved quality of life. In 2022, balance and vestibular patients at Allied Services reported many successes:

- 91% experienced improved walking
- 77% experienced reduced symptoms such as dizziness and vertigo

- 70% reported improved balance while completing common tasks

Lenora M from Luzerne says ***"They gave me back my life."*** Read how vestibular rehab for vertigo restored Lenora's independence and confidence - [click here to read](#).

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Learn about Balance and Vestibular Rehab

Vestibular and balance rehab involves exercises that help you manage dizziness and balance issues. This therapy may help people cope with the symptoms of conditions such as vertigo and labyrinthitis. It can also help reduce the risk of falling, improve balance, body strength, and your ability to stabilize your vision. Rehab may include:

- Balance re-training to safely challenge your balance and optimize use of each of your balance systems
- Gait training to improve your walking abilities and recommend an assistive device, such as a cane or walker if needed
- Exercises to improve strength, endurance, and postural alignment
- The use of infrared video goggles or computerized dynamic posturography (CDP) to evaluate and treat vestibular disorders
- Visual motor control exercises to stabilize the patient's gaze

[Learn more about Balance and Vestibular Rehab here.](#)

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Meet our Balance and Vestibular Specialists

Allied Services is proud to offer patients access to some of the region's most experienced and credentialed vestibular rehab specialists. Our specialists are available in Scranton, Wilkes-Barre, and Tunkhannock.

Kristina Dorkoski, DPT, CEEAA, NCS

- Treating patients at [Wilkes-Barre Rehab Center](#)
- Certificate of Competency in Vestibular Rehabilitation
- Learn about [Kristina's expertise](#)
- Call [570.830.4215](tel:570.830.4215) to schedule an appointment

Cruz Finnicum, DPT

- Treating patients at [Wilkes-Barre Rehab Center](#)
- AIB Vestibular Rehabilitation & Concussion Certified
- [Learn about Cruz's expertise](#)
- Call [570.830.4215](tel:570.830.4215) to schedule an appointment

Loriann Haddick, PT

- Treating patients at [Taylor Rehab Center](#)
- Certificate of Competency in Vestibular Rehabilitation (CCVR)
- [Learn about Loriann's expertise](#)
- Call [570.830.4215](tel:570.830.4215) to schedule an appointment

Sondra Morgan, DPT, MHA

- Treating patients at [Luger Scranton Rehab Center](#)
- Certificate of Competency in Vestibular Rehabilitation
- [Learn about Sondra's expertise](#)
- Call [570.341.4374](tel:570.341.4374) to schedule an appointment

Kori Wood, DPT, AVPT

- Treating patients at [Luger Scranton Rehab Center](#)
- AIB Vestibular Rehabilitation & Concussion Certified
- [Learn about Kori's expertise](#)
- Call [570.341.4374](tel:570.341.4374) to schedule an appointment

Kristen Uroskie Lewis, DPT

- Treating patients at [Luger Scranton Rehab Center](#)
- AIB Vestibular Rehabilitation & Concussion Certified
- [Learn about Kristen's expertise](#)
- Call [570.341.4374](tel:570.341.4374) to schedule an appointment

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