

Join Our Team: We are Urgently Hiring An Occupational Therapist! [LEARN MORE](#)



CALL US

PAY NOW

REVIEW US

REQUEST APPOINTMENT

WHAT WE
TREAT

HOW WE
TREAT

PEDIATRIC
S

PATIENT
INFO

HEALTH
TIPS

CONTACT



VESTIBULAR THERAPY

Home » How We Treat » Vestibular Therapy

REQUEST APPOINTMENT

FIND YOUR



BALANCE WITH VESTIBULAR THERAPY



GET BACK UP ON YOUR FEET WITH OUR VESTIBULAR TREATMENT PLANS!

Feelings of dizziness or vertigo can greatly limit your daily life, making it difficult for you to perform even the simplest tasks without feeling as if you might fall over.

At Amber Hill Therapy Centers, our physical therapists offer some of the most effective vestibular rehab services in Frederick, Damascus, Jefferson, Thurmont, Urbana, or New Market, MD, aimed at retraining your vestibular system to regulate feelings of stability and balance.

Have you been feeling off steady or unbalanced? If so, you could benefit from vestibular therapy. **Contact our clinic today to**

learn more, and set up an appointment!

REQUEST APPOINTMENT

6 CONVENIENT LOCATIONS

WHY DOES DIZZINESS OCCUR?

76 million Americans will experience some sort of dizzy spell or vertigo at some point in their lives. In fact, the second most commonly reported complaint within doctors' offices is dizziness and loss of balance.

These are both extremely common conditions that can affect your equilibrium, making you feel off balance.

Symptoms can vary from acute to chronic and in some severe cases, they can even be indicators of serious health risks.

It's important to have your condition assessed if you feel dizzy often because this could put you at a higher risk for falls that can cause serious injuries.

GET PAIN RELIEF TODAY!

WHAT IS VESTIBULAR THERAPY?

At Amber Hill Therapy Centers, we provide vestibular therapy for our patients suffering from balance disorders in Frederick, Damascus, Jefferson, Thurmont, Urbana, or New Market, MD and surrounding areas.

Balance disorders refer to a broad range of conditions, but they are all connected by the effect they have on the vestibular system, also known as the inner ear.

A few common balance disorders that can be improved through vestibular therapy:

Migraines

Vestibular neuritis

Meniere's disease

Stroke

Benign paroxysmal positional vertigo (BPPV)

Vestibular therapy is also referred to as vestibular rehabilitation, and is conducted through a process of “adaptation and compensation.”

This means that the vestibular system is actually being “reprogrammed” through both passive and active therapies to form connections with the brain on adjusting imbalances and regaining stability.

Vestibular therapy could be the difference between a lifetime of dizziness and vertigo, and feeling your absolute best. If you're feeling dizzy and off-balance, don't wait any longer to get help!

Source:

<https://www.moveforwardpt.com/SymptomsConditionsDetail.aspx?cid=8faba487-14c0-482e-9280-c655e1776ebe>

CALL AND ASK ABOUT OUR VESTIBULAR THERAPY TREATMENTS

If you are searching for vestibular therapy in Frederick, Damascus, Jefferson, Thurmont, Urbana, or New Market, MD, your search can end here.

There's no reason for you to stay off-balance, or to keep being at risk of falling. Our specialized services will help you get back on your feet as quickly as possible. We can help you if you are struggling with steadying yourself while standing or walking. **Contact Amber Hill Therapy Centers to request an appointment with one of our Frederick, Damascus, Jefferson, Thurmont, Urbana, or New Market, MD physical therapists.**

[REQUEST APPOINTMENT](#)[OUR LOCATIONS](#)[FREQUENTLY ASKED QUESTIONS](#)

RELATED CONDITIONS



GAIT DISORDERS

Physical Therapy can help you get back on your feet in Frederick,...[Read More](#)



DIZZINESS

Are you in need of relief from your dizziness? Amber Hill Therapy...[Read More](#)



VERTIGO

Are you in need of vertigo relief? Amber Hill Therapy Centers is...[Read More](#)



BALANCE DISORDERS

Improve your balance with physical therapy in Frederick, Damascus, Jefferson, Thurmont, Urbana,...[Read More](#)

GET PAIN RELIEF TODAY!



FREDERICK

187 Thomas Johnson Dr., Suite 6

Frederick, MD 21702

P: (301) 663-1157

F: (301) 663-1229

E: ahpt@amberhillpt.com

DAMASCUS

9701 New Church St. #3

Damascus, MD 20872

P: (301) 253-0896

F: (301) 253-0897

E: ahpt@amberhillpt.com

JEFFERSON

4014 Mountville Road #J

Jefferson, MD 21755

P: (301) 473-5900

F: (301) 473-5901

THURMONT

120 Frederick Road, Suite D

Thurmont, MD 21788

P: (301) 271-9230

F: (301) 271-9232

E: ahpt@amberhillpt.com

E: ahpt@amberhillpt.com

URBANA

11793 Fingerboard Rd, Suite 101

Monrovia, MD 21770

P: (240) 529-0175

F: (301) 810-5241

E: ahpt@amberhillpt.com

NEW MARKET

11670 Old National Pike, #101

New Market, MD 21774

P: (301) 732-4771

F: (301) 882-4079

E: ahpt@amberhillpt.com

ABOUT

[Our Practice](#)

[Our Locations](#)

[Our Team](#)

[Join Our Team](#)

WHAT WE TREAT

[Adult Neuro](#)

[Arthritis](#)

[Back Pain](#)

[ALL CONDITIONS](#)

HOW WE TREAT

[Physical Therapy](#)

[Occupational Therapy](#)

[Amputee Rehabilitation](#)

[ALL TREATMENTS](#)

PEDIATRICS

[ADD/ADHD](#)

[Balance Disorders](#)

[Cerebral Palsy](#)

[ALL PEDIATRICS](#)

PATIENT INFO

[Patient Info/Forms](#)

[Insurance Info](#)

[Patient Testimonials](#)

[FAQs](#)

HEALTH TIPS

[Health Blog](#)

[Newsletters](#)

[Ebooks](#)

CONTACT

