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# Understanding Balance Disorders and Vestibular Rehabilitation

Physical Therapy

📅 April 1, 2024 ⌚ 7:58 pm

Balance disorders and dizziness can significantly impact an individual's quality of life, leading to a limited ability to perform daily activities, an increased risk of falls, and a general feeling of instability. These symptoms can be caused by various factors, including issues with the inner ear (vestibular system), musculoskeletal conditions, or neurological problems.

Fortunately, specialized physical therapy techniques known as vestibular rehabilitation can help address balance disorders and dizziness, allowing patients to regain control and confidence in their

movements. At Wright Physical Therapy in Meridian, our skilled physical therapists are ready to assist you in managing and overcoming these challenges.

In this article, we will delve into the complexities of balance disorders, discuss the role of the vestibular system, and explore the benefits of vestibular rehabilitation with the expert physical therapists at Wright Physical Therapy. Additionally, we'll provide insight into the specialized evaluation and treatment techniques employed by our physical therapists to help patients regain their balance, stability, and confidence in daily activities.

The vestibular system, located within the inner ear, plays a critical role in maintaining balance, coordination, and spatial orientation. When this system is compromised for any reason – be it injury, infection, aging, or another underlying medical condition – it can result in a balance disorder. Common symptoms of vestibular disorders include dizziness, vertigo, unsteadiness, nausea, and even problems with vision or hearing. These symptoms can be debilitating, preventing patients from fully participating in life's activities and increasing the risk of falls and injury.

Fortunately, vestibular rehabilitation – a specialized form of physical therapy – is designed to address the challenges posed by balance disorders. At Wright PT's Meridian clinic, our experienced physical therapists tailor vestibular rehabilitation programs to each patient's unique needs, utilizing cutting-edge evaluation techniques and evidence-based interventions to promote optimal recovery. With a focus on reducing symptoms, improving balance and coordination, and preventing future issues, our team is dedicated to helping patients take control of their lives and overcome the challenges imposed by vestibular disorders.

# **The Role of the Vestibular System in Balance and Movement**

The vestibular system comprises a series of structures within your inner ear responsible for detecting changes in motion, position, and orientation. These structures work in tandem with your brain, eyes, and muscles to ensure that you maintain balance and remain stable as you move through your environment. When the integrity of the vestibular system is compromised, it can result in balance disorders, dizziness, and instability, significantly impacting both mobility and quality of life.

## **Types of Balance Disorders and Their Impact on Daily Life**

There are numerous types of disorders that can affect the vestibular system and result in balance and coordination difficulties. Some of the most common balance disorders include:

- **Benign Paroxysmal Positional Vertigo (BPPV):** Characterized by brief yet intense episodes of vertigo that commonly occur when changing position, such as moving from lying down to sitting up.
- **Vestibular Neuronitis:** An inflammation of the vestibular nerve, often caused by an infection, resulting in severe vertigo and imbalance.
- **Ménière's Disease:** A chronic inner ear disorder characterized by episodes of vertigo, hearing loss, and tinnitus.
- **Labyrinthitis:** Inflammation of the labyrinth, the inner ear structure containing the vestibular system, typically causing dizziness and vertigo.

These conditions can lead to a range of symptoms, including unsteadiness, dizziness, difficulty focusing, and general discomfort. Understanding and addressing the root cause of these symptoms through vestibular rehabilitation can help patients regain their balance, coordination, and independence.

## **Vestibular Evaluation: Assessing the Cause of Balance Disorders**

At Wright Physical Therapy in Meridian, our skilled physical therapists conduct comprehensive evaluations to determine the underlying cause of balance disorders and design targeted treatment plans to address each patient's unique needs. These evaluations typically consist of the following components:

- **Clinical History:** Gathering information about the patient's symptoms, medical history, and any previous treatments.
- **Physical Examination:** Assessing the patient's balance, strength, flexibility, and coordination.
- **Vestibular Function testing:** Performing specialized tests to assess the integrity of the vestibular system, including gaze stabilization, positional testing, and balance assessments.

By conducting thorough evaluations, our therapists can identify possible vestibular issues that may be contributing to balance disorders and dizziness, guiding the development of individualized treatment plans.

## **Vestibular Rehabilitation Techniques: Restoring Balance**

# and Confidence

Vestibular rehabilitation is a specialized area of physical therapy that focuses on addressing the challenges posed by balance disorders and dizziness. At Wright Physical Therapy, our expert physical therapists draw from a range of evidence-based techniques to support patients in managing symptoms and regaining control over their balance and movement. Some of these techniques include:

- **Habituation Exercises:** Encouraging the brain to adapt to dizziness-provoking stimuli, reducing the severity of symptoms over time.
- **Gaze Stabilization Exercises:** Training the eye muscles to remain focused on a target, even during head movement, helping patients maintain clear vision while in motion.
- **Balance Training and Proprioceptive Exercises:** Incorporating exercises that challenge the patient's sense of balance and body awareness, improving overall stability and decreasing the risk of falls.
- **Canalith Repositioning Maneuvers:** Technique used for patients with BPPV, these maneuvers gently manipulate the head and neck to free inner ear debris, providing relief from vertigo symptoms.

By implementing targeted vestibular rehabilitation techniques, patients can experience significant improvements in balance, coordination, and spatial awareness, ultimately leading to enhanced functionality and quality of life.

## Education and Support:

# Empowerment for Lifelong Success

At Wright Physical Therapy in Meridian, education and support are integral to our approach to vestibular rehabilitation. Our therapists work closely with patients, providing informative explanations of their condition, the reasoning behind each treatment technique, and guidance on how to manage symptoms independently. By empowering our patients with knowledge and support, we help them take an active role in their recovery and develop the skills necessary for long-term success.

## Regain Your Balance with Wright Physical Therapy

Experiencing balance disorders and dizziness can be an isolating and challenging experience to navigate, but help is available. The expert physical therapists at Wright Physical Therapy in Meridian are committed to helping you regain control over your balance and movement through comprehensive vestibular evaluation and rehabilitation. If you or a loved one is struggling with a balance disorder, do not hesitate to reach out to our professional team to explore the benefits of vestibular rehabilitation and learn how we can support you in your journey to improved balance, stability, and confidence.

Are you looking to understand balance disorders and vestibular rehabilitation with the help of experienced **physical therapy meridian** experts? Look no further than Wright Physical Therapy. Our team of professionals is dedicated to providing you with the best care and support to help you achieve optimal balance and

mobility. Contact us today to learn more about how we can help you with vestibular rehabilitation or to schedule a consultation with our team.

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Twin Falls, ID  
83301

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