

Vestibular Rehabilitation

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Dizziness is the third most frequent reason people see their physicians. Northwestern Medicine offers evaluation and treatment for a wide variety of conditions that can result in dizziness, poor balance, motion sensitivity or a general feeling of unsteadiness.

Our staff has extensive training in the evaluation of *benign paroxysmal positional vertigo* (BPPV), vestibular dysfunctions and balance disorders. Our therapists will take a detailed history, review diagnostic tests that may have been performed and perform a physical evaluation of the musculoskeletal and vestibular systems. Computerized balance assessments will be used, if necessary.

Our therapists will then develop and implement an individualized treatment program that may include:

- Adaptation or habituation exercise to strengthen the vestibular system
- Balance retraining activities
- Home exercises and/or self-treatment activities
- Specific maneuvers for positional vertigo

The ultimate goal of our program is to decrease the incidence, severity and duration of dizziness or disequilibrium symptoms, improve balance, increase quality of life and enhance independence in all activities of daily living and recreation.

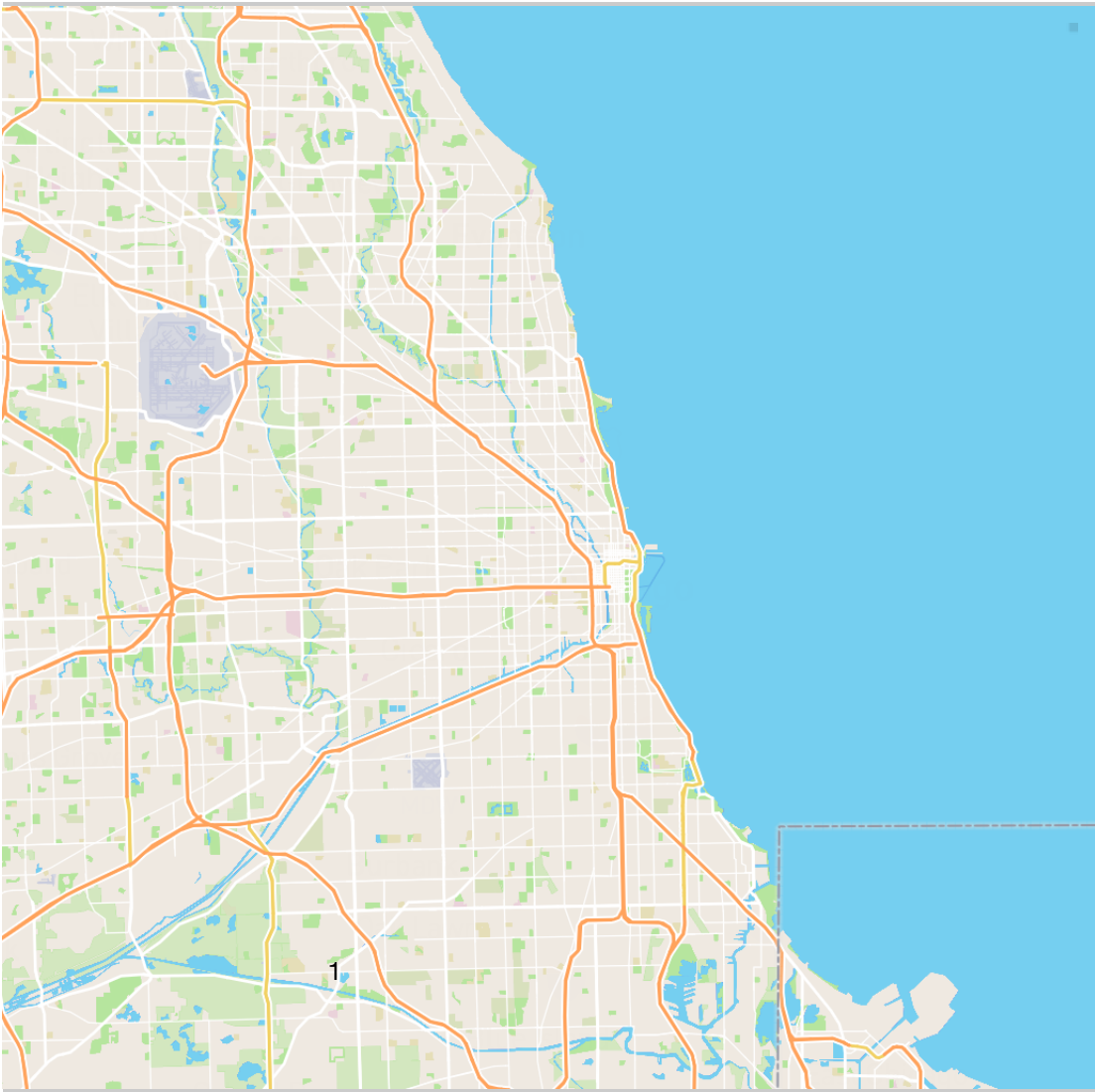
Managing Balance Problems: Vestibular Rehabilitation Therapy

Find out what you can do to improve your balance and feel more comfortable during your everyday activities.

Benign Paroxysmal Positional Vertigo

Understand more about this common inner ear problem that affects your balance.

Locations & Contact Information



HealthBeat Articles

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All done!

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