

# Vestibular Rehabilitation

We use vestibular rehab to treat children, adolescents and teenagers who are recovering from [concussions](#). We work closely with the [Institute of Sports Medicine's Concussion Program](#). Patients can be diagnosed with postconcussion syndrome if they have not fully recovered from a concussion, and they have persisting symptoms. These residual concussion symptoms might be headache, dizziness, visual problems, fatigue and neck pain. Patients also commonly have balance issues, which we treat with vestibular rehab.

The vestibular system plays a vital role in regulating the body's movements and balance. Vestibular system issues in children and young adults are often overlooked because they show their symptoms differently than adults, and correcting these issues is critical to the child's ongoing development.

## Approach

After a patient is referred to our program, our [physical therapists](#) perform an hour-long comprehensive assessment. We evaluate the child's visual reflexes, motor control and balance. The physical therapist then works with the patient, family and referring physician to develop a therapy plan.