

Vestibular Rehabilitation

Many individuals experience episodes of vestibular disorders at some point in their lives. The vestibular system is an organ in the inner ear made of bone and membrane structures. Though located in the ear, the vestibular system is involved in balance, not hearing. Problems can occur with head injuries, illness or slowly with other changes related to aging. If the vestibular system is damaged, it disrupts the normal relationship of head and eye movements. It can affect your perception of center, standing upright and changes in body position to maintain your balance. Most individuals recover from a vestibular disorder quickly because the vestibular system is very adaptable.

While working with our team, your vestibular symptoms will be evaluated and treated by a physical therapist who has received additional training in vestibular dysfunctions and their rehabilitation.

The goal of vestibular rehabilitation is to decrease your dizziness and restore your balance, strength and postural control, along with promoting an independent lifestyle.

If you are having vestibular problems, you may experience:

- Dizziness
- Spinning
- Decreased balance
- Jumpy vision
- Double vision
- Difficulty reading or watching television
- Nausea
- Falls or the sensation of falling or fear of falling

This may result in other difficulties including:

- Decreased energy levels
- Frustration
- Headaches
- Neck pain
- Inability to work or drive
- Anxiety

This may result in other difficulties including:

- Labyrinthitis
- Vestibular neuritis
- Benign paroxysmal positional vertigo (BPPV)
- Meniere's disease
- Bilateral vestibular dysfunction
- Ventral vestibular dysfunction

Your vestibular physical therapy evaluation will include:

- Functional assessment to identify the symptoms and the activities contributing to your symptoms.
- Assessment of muscle strength, function, movement and flexibility.
- Assessment of eye/head coordination.
- Identification of positions and/or activities that cause symptoms.
- Assessment of balance with standing, walking and other movements.
- Create of an individualized program

Your physical therapy treatments may include:

- Education on techniques, activities and exercises that help reduce your symptoms.
- Improving balance to restore or improve functional independence and return to a normal lifestyle.

- Improving strength and endurance.
- Improving stability of vision during movement.
- Stabilizing movement through eye-head coordination activities.
- Epley maneuver or canalith repositioning.

GET RESULTS

Beaumont is most preferred for Physical Therapy services in the tri-county and 9-county area compared to other local health systems.