

Care & Services

Rehabilitation Care

Aquatic Therapy
Concussion Rehab
Edema Management
LSVT Rehabilitation
Occupational Therapy
Physical Therapy
Pulmonary Rehabilitation
Speech Therapy
Swallowing Therapy
Vestibular Rehabilitation
Vocational Therapy

Vestibular Rehabilitation | VRT

Vestibular rehabilitation therapists at MaineHealth evaluate and treat problems with balance and dizziness, also called vestibular disorders. People who have trouble standing or moving without losing their balance are able to build strength and flexibility. They gain confidence and have more independence.

What is vestibular rehabilitation therapy?

Vestibular rehabilitation therapy (VRT) is evaluation, training and education for people with balance problems or vestibular disorders. A referral from your healthcare provider is needed. VRT first identifies what is causing the problem. Balance is affected by different body systems, including the inner ear.

[MyChart](#) [Billing](#) [Giving](#) [Careers](#)



[Locations](#)

[Services](#)

[Providers](#)

[Patients
&
Visitors](#)

[Healthy
Communities](#)

- Benign Paroxysmal Positional Vertigo (BPPV)
- Trouble with balance
- Meniere's syndrome
- Neck-related dizziness
- Migraine headaches

How can VRT therapy help?

Patients receive an evaluation. With vestibular rehabilitation therapy, patients learn exercise they also can do at home. They also learn about behavior changes that can reduce symptoms of dizziness. Therapists also help patients deal with the fear

and worry that comes with dizziness and fear of falling. The therapy helps to improve symptoms that include:

- Dizziness
- Blurry vision
- Trouble keeping your balance
- Headaches
- Falling down a lot
- Wooziness
- Vertigo / spinning

Related Providers



**Benjamin F
Branch, DO**

Physical Medicine &
Rehabilitation,
Neuromuscular
Medicine



**Douglas H
Buxton, MD**

Physical Medicine &
Rehabilitation



**Stephanie C
Chan, MD**

Physical Medicine &
Rehabilitation,
Neuromuscular
Medicine



**Fred Fridman,
DO**

Physical Medicine &
Rehabilitation,
Neuromuscular
Medicine



**Dayton F
Haigney, MD**

Physical Medicine &
Rehabilitation



**Genevieve A
Hall, MD**

Physical Medicine &
Rehabilitation,
Neuromuscular
Medicine



John W Hall, MD

Physical Medicine &
Rehabilitation, Pain
Medicine | Physical
Medicine &
Rehabilitation,
Neuromuscular
Medicine



**Thomas D Luna,
MD**

Occupational
Medicine |
Aerospace
Medicine



**Emily A Nelson,
MD**

Physical Medicine &
Rehabilitation



**Bram L
Newman, MD**

Physical Medicine &
Rehabilitation |
Sports Medicine



**Uchechukwu N
Onuoha, MD**

Occupational
Medicine |
Occupational
Medicine



**Matthew J
Perkowski, DO**

Pain Medicine |
Physical Medicine &
Rehabilitation



John Pier III, MD

Pain Medicine, Pain
Medicine | Pain
Medicine | Physical
Medicine &
Rehabilitation



**Thomas S
Savadove, MD**

Physical Medicine &
Rehabilitation,
Neuromuscular
Medicine

**Evan A Savage,
MD**

Physical Medicine &
Rehabilitation,
Neuromuscular
Medicine

**Ricky L Snyder,
DO**

Occupational
Medicine | Family
Medicine

**Michael J Totta,
MD**

Physical Medicine &
Rehabilitation,
Neuromuscular
Medicine

Related Locations

Coves Edge

26 Schooner
St.
Damariscotta,
ME 04543



[Directions](#)

[Location
Details](#)

Phone: [207-563-4600](tel:207-563-4600)



**LincolnHealth
Wellness &
Rehabilitation
- Miles
Campus**

79 Schooner St.
Damariscotta,
ME 04543

[Directions](#)

[Location
Details](#)

Phone: [207-563-4518](tel:207-563-4518)



**LincolnHealth
Wellness &
Rehabilitation
- St. Andrews
Campus**

6 St. Andrews
Ln.
Boothbay
Harbor, ME
04538

[Directions](#)

[Location
Details](#)

Phone: [207-633-1928](tel:207-633-1928)



**MaineHealth
Lincoln
Hospital
Occupational
Therapy**

79 Schooner
Street
Damariscotta,
ME 04543

[Directions](#)

[Location
Details](#)

Phone: [207-563-4518](tel:207-563-4518)



**MaineHealth
Lincoln
Hospital
Physical
Therapy**

79 Schooner

[Directions](#)

[Location](#)



Street
Damariscotta,
ME 04543

[Directions](#)

[Details](#)

Phone: [207-563-4518](#)



**MaineHealth
Maine
Medical
Center
Portland
Physical
Medicine
and Rehab**

22 Bramhall
St.
Portland, ME
04102

[Directions](#)

[Location
Details](#)

Phone: [207-662-4892](#)



**MaineHealth
Occupational
Health -
Farmington**

131 Franklin
Health
Commons
Farmington,
ME 04938

[Directions](#)

[Location
Details](#)

Phone: [207-779-2367](#)

Fax: 207-779-
2585



**MaineHealth
Occupational
Health/WorkWell
- Biddeford**

10 Wellspring Rd.
Biddeford, ME
04005

[Directions](#)

[Local
Details](#)

Phone: [207-283-7600](#)

Fax: 207-294-8600

MaineHealth Occupational Therapy Boothbay Harbor



6 St. Andrews
Lane
Boothbay
Harbor, ME
04538

Phone: [207-
633-1928](tel:207-633-1928)

[Directions](#)

[Location
Details](#)

MaineHealth Pediatrics Physical Therapy Rockport



15 Anchor Dr.
Rockport, ME
04856

Phone: [207-
301-6380](tel:207-301-6380)

[Directions](#)

[Location
Details](#)

[1](#) [2](#) [3](#) [Next](#)

Working together so our communities
are the healthiest in America.

[About MaineHealth](#)

[Care and Services](#)

[Careers](#)

[Contact](#)

[Education & Research](#)

[Employees](#)

[Healthcare Professionals](#)

[Healthy Communities](#)

[MaineHealth Innovation](#)

[Patients & Visitors](#)

[Vendors](#)

[Price Transparency](#)

[Privacy Policy](#)

[Notice of Nondiscrimination](#)

[Sitemap](#)

©2024 MaineHealth. All Rights Reserved.

