

Vestibular Rehabilitation Therapy

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[Vestibular Rehabilitation](#)

Are you struggling with vertigo or dizziness? You're not alone. Millions of people experience these debilitating symptoms due to vestibular disorders. These balance disorders can significantly impact your quality of life and ability to perform everyday tasks. Fortunately, help is available.

Banner Health offers comprehensive vestibular rehabilitation to address the root causes of your imbalance and restore your sense of equilibrium. Our skilled physical therapists use the latest techniques to improve your balance, strength and stability.

What is a vestibular disorder?

Vestibular disorders affect the inner ear and brain, responsible for maintaining balance and coordinating eye movements. These conditions can arise from age, disease or injury. Common symptoms include:

- Vertigo (a spinning sensation)
- Dizziness
- Balance problems
- Blurred vision
- Hearing loss
- Headaches
- Neck pain
- Cognitive changes

Certain conditions, such as benign paroxysmal positional vertigo (BPPV), can cause recurrent vertigo episodes. Additionally, factors like high blood pressure and head injuries can contribute to vestibular issues.

The benefits of vestibular rehabilitation

Our vestibular rehabilitation program aims to:

- Reduce vertigo and dizziness
- Improve balance and coordination
- Enhance functional abilities
- Prevent falls
- Increase overall quality of life

Through targeted exercises, including gaze stabilization exercises and the Epley maneuver (for BPPV), our therapists help retrain your brain to compensate for vestibular dysfunction.

Who can benefit from vestibular rehabilitation?

If you experience persistent balance problems, dizziness or vertigo, you may benefit from vestibular rehabilitation. Our program is tailored to individuals with a range of vestibular disorders, including those caused by:

- Age-related changes
- Inner ear infections
- Head injuries
- Migraines
- Certain medications

Your path to recovery

Our vestibular rehabilitation process begins with a thorough evaluation to determine the underlying cause of your symptoms. Based on your specific needs, our therapists will develop a personalized treatment plan.

What to expect:

- Comprehensive assessment of balance, strength, and coordination
- Customized exercise program to improve vestibular function
- Education on managing symptoms and preventing falls
- Home exercise plan to reinforce progress

Ready to take control of your balance? Contact Banner Health today to schedule an appointment and start your journey to a vertigo-free life.

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