

VESTIBULAR REHABILITATION THERAPY (VRT)



The vestibular system is a sensory organ housed in each ear that provides information about motion, equilibrium and spatial orientation. It enables stabilization of visual images and balance reactions when the head is moving. The consequences of vestibular system deficits in children are problems with gaze stability, reading acuity, balance and motor development.

VRT is a specialized exercise program designed to address ocular motor control, dynamic visual acuity, postural reflexes and balance in children who demonstrate vestibular dysfunction.

Symptoms and signs that may indicate vestibular dysfunction in children

- frequent motion sickness
- dizziness and visual acuity difficulties, especially with head movements such as looking up, inverting the head when bending down or turning the head to look at something
- discomfort or fear with activities requiring feet to leave the ground such as swinging, jumping, climbing, going down a slide or riding a bicycle
- imbalance/frequent falling
- appearing not to be dizzy after excessive spinning
- avoidance of engaging with peers on a playground
- poor spatial relationships, sometimes revealed by skipping letters or words when reading
- developmental delays with hopping, descending stairs using alternating leg movements, swimming, riding a bicycle

Forms

Notice of Privacy Practices ([forms/HIPAA_Notice.pdf](#))

HIPPA Consent ([forms/HIPAA_Consent.pdf](#))

Patient Information/Medical & Developmental History
([forms/EHPT_Med_Dev_Hx.pdf](#))

EHPT Policies & Consent ([forms/EHPT_Policies.pdf](#))

Dutchess County Prescription Form ([forms/Dutchess_Rx_Form.pdf](#))

Putnam County Prescription Form ([forms/Putnam_Rx_Form.pdf](#))



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🕒 By appointment only
