

Vestibular/Balance Therapy

For more information about our services, call (260) 435-6143.

Vestibular therapy focuses on the link between the inner ear and the brain, relieving symptoms that affect balance and movement. These symptoms - spinning sensations (vertigo), dizziness, nausea, disorientation or feeling unstable on your feet – can seriously impact your quality of life.

Vestibular rehabilitation therapists at Lutheran Hospital use advanced training to analyze each patient's unique situation and develop customized plans to treat balance disorders caused by:

- Diabetes
- Dizziness/lightheadedness or vertigo
- Headache/migraine
- Head injury/concussion
- History of falls
- Multiple sclerosis
- Numbness/tingling of feet
- Stroke/TIA
- Vision problems

If you need relief from balance or movement issues, talk with your provider about an order

for vestibular therapy.

About the Therapists

All physical therapists receive basic education about balance and vestibular treatments. However, only a limited number receive advanced competency training and have an in-depth understanding of vestibular disorders and rehabilitation. Lutheran Hospital's vestibular rehabilitation therapists have completed the vestibular competency training sponsored by Emory and Duke Universities and the American Physical Therapy Association.