

Vestibular Rehabilitation

Rehabilitation Services



Hours:

Monday - Friday
7 a.m. - 5 p.m.

(515) 386-4284
FAX: (515) 386-3089

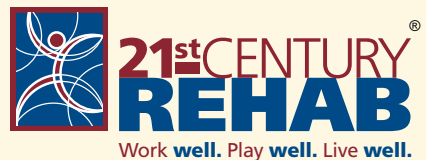
Greene County Medical Center

1000 West Lincoln Way
Jefferson, IA 50129

gcmchealth.com



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What is vestibular rehabilitation?

The vestibular system includes parts of the inner ear and brain that help control balance and eye movements. If the system is damaged by disease, aging or injury, vestibular disorders can result and are often associated with symptoms such as vertigo and dizziness.

Patients experiencing symptoms of vestibular dysfunction may benefit from vestibular rehabilitation — an approach of physical therapy designed at decreasing dizziness, vertigo and imbalance.

Who would benefit from vestibular rehabilitation?

Patients with symptoms associated with diseases such as:

- Benign Paroxysmal Positional Vertigo (BPPV)
- Labrynthitis
- Vestibular neuritis
- Meniere's syndrome
- Cervicogenic dizziness

What to Expect During a Physical Therapy Evaluation

- Interview to discuss symptoms, complaints and functional limitations
- Neurological and musculoskeletal exam
- Oculomotor examination
- Vertigo assessment
- Positional testing
- Balance examination

What to Expect with Physical Therapy Treatment

Each patient will participate in an individualized treatment program which may include:

- Patient education
- Home exercise program
- Repositioning maneuvers
- Habituation exercises
- Eye exercises (gaze stabilization)
- Balance exercises
- Conditioning exercises
- Functional training

Goals and Objectives of Treatment

- Decrease patient feelings of vertigo and dizziness
- Improve balance and decrease fall risk
- Improve gaze stability
- Improve overall endurance

Referrals

Referrals for patients with vestibular disorders will be accepted from any physician. However, a referral for physical therapy should be made after appropriate diagnostic testing has been completed.

