

Services

VESTIBULAR

Vestibular Rehabilitation

When feeling dizzy or unbalanced, the last thing you need to do is run around in circles trying to figure out what is causing these symptoms. ProActive Physical Therapy offers a comprehensive approach to evaluating and treating patients with complaints of dizziness, balance deficits, and motion sensitivity.

Common signs and symptoms of patients appropriate for vestibular rehabilitation include:

- Positional vertigo(BPPV)
- Dizziness
- Unexplained falls
- Feeling unbalanced
- Gait instability
- Wooziness
- Motion sensitivity
- Nausea related to movement
- Visual disturbances
- Cervical spine disorders

Evaluation and Treatment

ProActive Physical Therapy has licensed Physical Therapists with specialty training in vestibular health that can evaluate a patient's specific needs and design a unique program to address these issues.

Vestibular Evaluation

- Subjective history of symptoms
- Cervical spine assessment
- Ocular motor testing
- Balance testing
- Gait assessment
- Positional testing
- Motion sensitivity testing

Treatment Options

- Canal repositioning maneuvers
- Habituation exercises
- Instruction in compensatory strategies
- Exercises to improve gaze stability
- Instruction in home modifications
- Manual treatment of the cervical spine
- Exercises to improve balance