Dizziness, vertigo and falls are among the top complaints told to physicians by older patients.

WHAT CAUSES DIZZINESS
Possible causes of dizziness related to the ear are often characterized by vertigo (spinning) and nausea, and include:
• Benign paroxysmal positional vertigo (BPPV)
• Inflammation in the inner ear, infections
• Meniere's disease
• Migrainous vertigo

OTHER CAUSES:
• More serious neurological problems like a stroke, brain hemorrhage or multiple sclerosis
• Dizziness can also be caused by: head trauma, certain medications and natural aging process

SELF QUIZ: DO YOU FEEL...
• Motion, spinning or falling when moving your head suddenly or changing your position? (Like rolling on bed)
• Dizzy while walking in a mall or down the grocery store aisles?
• Unsteady or not sure about where your foot should go?
• Scared of falling or stumbling?
• Dizzy while looking at moving objects such as a train or looking out the side window of a car?
• Difficulty keeping your balance when walking on different surfaces? (Like grass to pavement)
• Like you are drifting or being pulled to one side when walking?

If you answered YES to any of the above questions, you may need to call us for help.
WHAT IS VESTIBULAR ASSESSMENT?
It is a variety of balance and vestibular tests that identify patients who have abnormalities and are appropriate candidates for therapy.

We use infrared video goggles and analyze the information about the inner ear and its connections to the brain, to determine the cause of your dizziness.

We will decide which techniques or maneuvers are appropriate for your treatment. Your care is monitored throughout the assessment and treatment process.

WHAT IS VESTIBULAR MANAGEMENT?
The treatment of vertigo is a necessity. Vertigo may lead to severe imbalance problems and may limit a person’s everyday living.

By using diagnostic based strategies for all types of vestibular and balance disorders, an individualized program can decrease dizziness, increase balance function and increase activity levels.

WHAT IS VRT?
Vestibular Rehabilitation Therapy is an exercise treatment/program for patients with dizziness, imbalance and motion intolerance diagnosed as vestibular in origin, which provides a successful alternative management strategy, permitting them to return to normal lives.

The exercises will help the brain to compensate while trying to reduce or eliminate symptoms that occur with the head and body movement, and to improve the eyes’ ability to focus when the head is moving.

TYPES OF THERAPY: OUR PROGRAMS ARE INDIVIDUALIZED

• Canalith repositioning: maneuvers to correct the location of crystals

• Vestibular Rehabilitation (VRT)

• Balance training: to address falls or unsteadiness when walking or standing

• Self directed exercises

• Habituation techniques: help the brain reduce or eliminate symptoms brought on by movement

• Adaptation or Substitution techniques: improving the eyes’ ability to focus when the head is moving

WHAT IS DIZZINESS, VERTIGO AND IMBALANCE?
It’s a disturbance that causes an individual to feel unsteady or have a sensation of movement, spinning, or floating, and loss of balance.

It is a hallucination of motion due to an abnormal signal to the brain from any of the three balance canals: vestibular, visual and the skeletal systems.

SYMPTOMS:
Imbalance, motion sickness, dizziness associated with movement and nausea. A noticeable decrease in activity levels or social interaction, anxiety or depression.

The symptoms can only last several days or, if not properly diagnosed or treated, a person can continue feeling them for years.