

Vestibular Dysfunction Symptoms & Treatment

What is the Vestibular System?

The vestibular system is one of the three primary sensory systems that contribute to postural control and balance. The vestibular system is located in the inner ear. The remaining two sensory systems are:

- ◆ position sensation/ body awareness; and
- ◆ visual.

Dizziness & Vertigo

Dizziness and vertigo - feelings of spinning or motion - are the second-most common health complaints among adults. Vertigo indicates a problem with the vestibular system in your inner ear. It can affect your sense of balance and limit your daily activities.

Ask yourself the following questions to determine whether you would benefit from Riverview Rehabilitation Center's vestibular assessment and treatment program:

- ? Do you experience spinning and dizziness that interferes with your daily activities?
- ? Do you experience nausea, anxiety or headaches associated with movement of your head or eyes?
- ? Do you experience a feeling of unsteadiness when driving or riding in a car?

If you answer yes to one or more of these questions, you could benefit from our vestibular assessment and treatment program.

What Treatment Do We Offer?

Our vestibular rehabilitation program is an exercise approach to manage the complaints of dizziness and vertigo in people with vestibular dysfunction.

A physical therapist who is specially trained to treat vestibular dysfunction will perform an evaluation, which includes examining the following:

- ◆ Muscle/Bone System
- ◆ Pain
- ◆ Posture and Alignment
- ◆ Range of Motion
- ◆ Strength
- ◆ Neuromuscular System
- ◆ Balance
- ◆ Coordination
- ◆ Sensory System
- ◆ Position Sensation/Body Awareness
- ◆ Vestibular/Inner Ear
- ◆ Visual

Prior to referral to a physical therapist, persons may have diagnostic tests for hearing and eye movements recommended by their doctor to further assess and treat dizziness and vertigo.

Treatment

Treatment is individualized and based on the findings of the assessment. Treatment plans may include:

- ◆ balance/coordination exercises;
- ◆ flexibility exercises;
- ◆ gaze stabilization exercises;
- ◆ repetition exercises;
- ◆ repositioning maneuvers;
- ◆ visualization exercises; and
- ◆ strengthening exercises.

An emphasis is placed on patient education. Compliance with a home exercise program is essential for success.