

VESTIBULAR TREATMENT



Vestibular Rehabilitation Therapy - Patients that have been diagnosed with imbalance or dizziness caused by disorders of the vestibular system may be referred for vestibular rehabilitation therapy to lessen or eliminate their symptoms. This program must be individually structured for each patient by our physical therapist with specialized training in vestibular disorders. Initially, the therapist identifies the movements and activities that bring on symptoms and evaluates the patient's ability to walk or maintain balance. The therapist then designs an exercise program specifically tailored to treat the patient's symptoms. The therapist can also provide training for the correct use of walkers and canes, and educate the patient on fall prevention.



Canalith Repositioning Procedure (CRP) - This procedure is used to treat benign paroxysmal positional vertigo (BPPV), the most common cause of dizziness. BPPV is an intense, but brief, spinning sensation that is caused when particles in one part of the inner ear balance system (the utricle) break away and float into the adjacent balance canals. BPPV is suspected when head tilt or specific changes in body position trigger an intense spinning sensation that lasts only seconds. BPPV can be diagnosed from the VNG test battery. Treatment involves a series of specialized head maneuvers that direct the particles back into their correct position in the inner ear. In the majority of cases, only one clinical visit is needed to stop all symptoms. In rare instances, the patient needs to return for further CRP treatment.