

# Your specialists in Vestibular rehab

# Patients who will benefit from rehab

# Vestibular Disorders Signs/Symptoms

## What Goes Wrong?

Balance disorders do not typically result from a single impairment, but occur as a result of multiple factors. Understanding a patient's balance problem requires knowledge of how the balance components correlate with the resulting functional losses. Dysfunction of inner ear, central nervous system, somatosensory, and/or visual origin may disrupt balance. The Balance Center at Rice Lake PTRS identifies which balance systems are impaired and creates patient-specific, evidence-based rehabilitation programs.

## Dizziness Treatment

Approximately 12.5 million Americans over the age of 65 have problems with dizziness or balance. Dizziness can be caused by a variety of reasons, but certain kinds are treatable with physical therapy. Benign Paroxysmal Positional Vertigo (BPPV) is the most common vestibular disorder which can be successfully treated by qualified physical therapists.

**The center handles patients of all ages-anyone who can be afflicted with a balance or dizziness disorder at any time.**

- Benign Paroxysmal Positional Vertigo (90% resolution with one treatment)
- Ataxia
- Geriatrics
- Hip/Knee Arthroplasty
- Multiple Sclerosis
- Parkinson's Disease
- Stroke/Traumatic Brain Injury
- Athletes
- Cerebellar Degeneration
- History of Falls
- Motor Vehicle Accident
- Peripheral Neuropathy
- Osteoporosis/Osteopenia

## Dizziness & Balance Problems:

- Account for 10% of all patient visits to physicians
- Affect 40% of people over age 40
- Are on of the primary reasons for physician visits by people over age 65

- Dizziness
- History of Falls
- Balance Deficits
- Unilateral/Bilateral Vestibular Loss
- Vertigo
- Motion Sickness
- Gait Deviations/Lateropulsion
- Unilateral Hypofunction

## Interventions For Vestibular Disorders Available at RLPTRS Balance Center

- Canalith Repositioning Treatment (CRT)
- Substitution Exercises
- Adaptation/Gaze Stabilization Exercises
- Habituation Exercises
- Static/Dynamic Balance and Proprioception Exercises
- Core Stabilization
- Fall Risk Assessments

