

Rehabilitation & Injury

Vestibular & Headaches



Have you been feeling dizzy or feel as though you have vertigo? Do you feel unsteady or a "little off" after standing? Do you feel the room spin or flat cause the room to spin? All of these are descriptions used to describe vestibular disorders and all of these symptoms can be treated through vestibular therapy at Sutton Place Physical and Aquatic Therapy.

Just as you strengthen a muscle when it is weak, there are ways to strengthen your vestibular system. During an evaluation, our therapist will assess and measure your reflexes, strength, gait and balance to help determine the best treatments for your vestibular disorder.

One specific vertigo diagnosis is called Benign Paroxysmal Positional Vertigo (BPPV) which is a condition in which the crystals in your inner ear have become displaced and negatively affect the vestibular balance system. As a result, you feel episodes of dizziness when changing positions. There is a very effective non-invasive physical therapy intervention for this vertigo diagnosis performed at Sutton Place Physical and Aquatic Therapy. The therapist will use specific maneuvers to alter the position of the crystals in your inner ear, restoring your vestibular system.

Other vestibular therapy interventions include gait training on compliant surfaces, balance performance training, and vestibuloocular reflex training.

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