

VESTIBULAR REHABILITATION

IMPROVE DIZZINESS AND BALANCE PROBLEMS

Why wait any longer?

Call to schedule your evaluation with our vestibular specialist today!

HOW DOES THE BALANCE SYSTEM WORK?

Your sense of balance comes from many different systems working together to create stability for your body and your vision. Proper balance depends on:

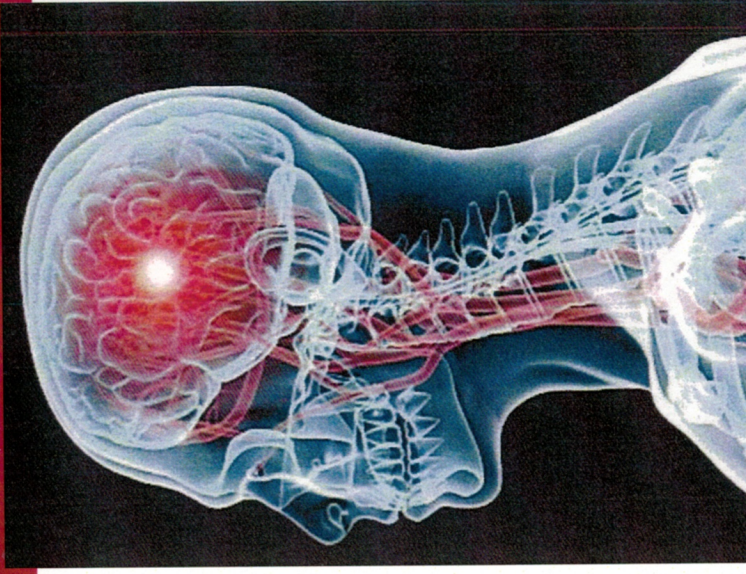
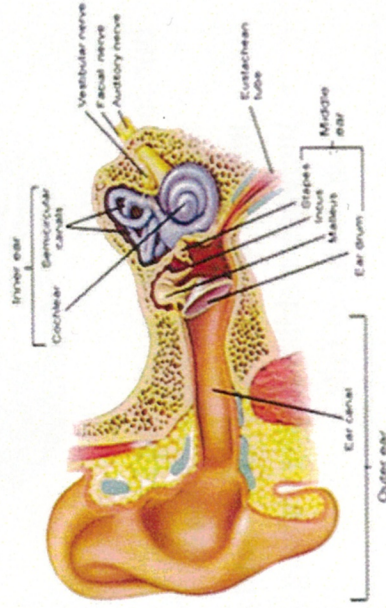
Correct sensory information from your vision (**visual system**), muscles, tendons, and joints (**proprioceptive input**), and the balance organs in the inner ear (**vestibular system**).

The **brain stem** makes sense of all of the sensory information in combination with other parts of the brain.

Movement of your eyes keeps objects in your vision stable and keeps you standing upright (**motor output**).

CAUSES OF DIZZINESS

- Vestibular (inner ear) disorder
- Brain disorders or injuries
- Migraine headaches
- Concussion



DID YOU KNOW A
PHYSICAL THERAPIST
CAN HELP
MANAGE YOUR DIZZINESS?

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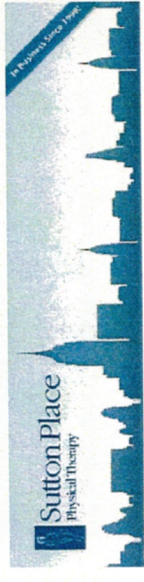
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Place



Physical
Therapy

<http://www.suttonplacept.com>

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Physical Therapy



Why Should I See a Physical Therapist for Dizziness?

If you are experiencing dizziness or balance symptoms, the cause may be due to the inner ear or vestibular system. Physical Therapists can specialize in an area of therapy called vestibular rehabilitation. The primary focus of therapy is to improve symptoms of dizziness and balance dysfunction and increase functional independence.

The therapist's job is to help you return to full functioning while managing dizziness symptoms. Physical therapists can provide strategies to decrease your dizziness that make recovery more tolerable. The type of therapy can take on many forms: some exercises improve balance, some help the brain resolve differences in inner ear signals, and some improve the ability to visually focus.

Regardless of the cause of your vestibular dysfunction, the sooner you start therapy the better! Research shows that the brain and inner ears work best for compensation, or recovery, in the first few months after vestibular deficit occurs. This time period is optimal for vestibular therapy to promote the best chance for recovery.

VESTIBULAR REHABILITATION

Improve dizziness and balance problems



Our specialized therapists will help

- Improve symptoms of dizziness
- Improve symptoms of concussion
- Increase stability during walking
- Reduce risk of falls

Conditions treated

- BPPV
- Unilateral/Bilateral loss
- Meniere's Syndrome
- Perilymphatic Fistula
- Post-concussive disorder



How Can a Physical Therapist Help with Falls?

Falls and dizziness become more common among people over the age of 65. A Physical Therapist is trained to assess problems with gait and balance and conduct a "falls risk assessment." Sometimes the problem may be related to easily treated conditions in the inner ear such as Positional Vertigo (dizziness caused by changing the position of your head). There are many reasons a person may fall or become dizzy. A Physical Therapy evaluation will identify your problem areas and take personal goals into account. Your therapist will develop a treatment plan to target these specific areas.



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