

## Treatment Options

### Vestibular Rehabilitation

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## Manage Your Dizziness without Surgery

If you find yourself complaining of being dizzy, physical therapy is an effective solution.

We offer the most advanced form of care for patients suffering from vertigo, balance issues, and Benign Paroxysmal Positional Vertigo (BPPV).



## Vestibular Conditions Best Suited for Physical Therapy

- Unilateral vestibular loss or distortion
- Non-compensated, high frequency vestibular weakness
- Bilateral vestibular loss
- Benign Paroxysmal Positional Vertigo (BPPV)
- Disequilibrium and feeling unsteady
- Central Dizziness
- Vertigo
- Migraines
- Stabilized Vestibular Neuritis
- Concussion
- Frequent falls, feeling unbalanced or unsteady

Patients with stabilized, non-compensated vestibulopathy are the ideal candidates for vestibular rehabilitation.

Patients with central dizziness or bilateral vestibular loss tend to be less responsive but may still benefit from strategies to assist with their general daily function.

Not sure if your dizziness can be fixed with therapy? We can do functional testing in our clinic to see if therapy is the option for you.

# How Physical Therapy Can Help Your Dizziness

85% of vertigo and balance problems may be inner ear related and can be treated by a Physical Therapist. There are three basic body systems that help keep you balanced. They are the vestibular (inner ear), visual, and somatosensory (body awareness) systems. A trained physical therapist can perform special tests to determine what system is causing your dizziness or balance issue and create targeted activities to improve your symptoms. With the vestibular system providing 2/3 of the information your brain uses to maintain your balance you deserve the best Vestibular Rehabilitation possible.

## Grab A Stopwatch and Test Your Balance Using This Easy Guide

Age (years)	Single leg balance (seconds)
18 – 39	45
40 – 49	40
50 – 59	37
60 – 69	27
70 – 79	15
80 – 99	6.2

Didn't meet the suggested goal? Schedule a consultation with us today.

## Why You Shouldn't Wait to Start Vestibular Rehabilitation

Getting physical therapy for your dizziness and falls is very important to your health. Every 11 seconds an older adult is treated in the ER for a fall, with one out of five of those having a broken bone or traumatic brain injury. We don't want you to become a statistic!

*Source: Important Facts about Falls. (2017, February 10). Retrieved August 12, 2020, from <https://www.cdc.gov/homeandrecreationalafety/falls/adultfalls.html>*

## Dizziness Doesn't Need to Define You

### Schedule an Appointment

Therapy provides the gold standard for non-medical, non-surgical management of dizziness. Schedule an appointment with our physical therapist Cade Searle, DPT today.

### Follow a Custom Plan

You'll receive one on one care from a specialized physical therapist so you can start enjoying life and stop worrying about falling or losing your balance.

## **Get Back Your Life**

Dizziness is the number one complaint of people over the age of 70 – but with specialized therapy, we can get you back where you want to be.

## **Our Promise to You**

We know pain doesn't always show up on an 8 to 5 schedule. Our extended hours and convenient appointment times are created with you in mind.

## **Dedicated**

Our staff truly cares about helping you get better faster. We want you to leave our office armed with the knowledge of how to do exercises properly. Many other programs will ask you to do exercises but won't follow up on your form or adjust them as you get stronger which can aggravate your injury further, you won't find that here.

## **Quality**

Our therapists bring a wealth of knowledge and a mix of generations to our practice which gives us the ability to meet you wherever you are in your journey. Our staff is trained and licensed and we promise you'll have a quality experience every time.

## **Progressive**

We are continuously training and learning more so we can help our clients. From getting your golf swing back to carrying your groceries inside without assistance, we are dedicated to providing you with the most cutting edge equipment, training, and treatments to heal your body.