

## Goals of vestibular rehab:

- Improve balance and confidence
- Minimize falls
- Decrease dizziness, vertigo, and nausea
- Improve stability
- Decrease anxiety due to disorientation

## What is vestibular rehabilitation therapy?

Vestibular Rehabilitation Therapy (VRT) is a comprehensive approach to assessing and treating symptoms of vestibular system pathology. It focuses on exercises to reduce symptoms for inner ear deficits. Most exercises involve head movements to retrain the vestibular system. Vestibular rehabilitation therapy is a highly effective modality for most patients with disorders of the vestibular or central balance system.

\*Herdman, 2007



## Why choose UD PT?

The University of Delaware Physical Therapy Department has become a national and international leader in the research and treatment of neurologic conditions. We utilize current, evidence-based practice to provide you with the best available care in order to maximize your functional ability and attain your goals.

## Physical Therapy Clinical Services

We accept the following insurances: Medicare, Aetna, Cigna, Highmark BCBS, and more.

*Please call for clarification or more information on insurance policy acceptance.*



## Delaware Physical Therapy Clinic

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## Delaware Physical Therapy Clinic

*Open to the public*

**Are you dizzy?**  
*Vestibular Therapy*



**Do you suffer from dizziness, nausea, headaches, ringing in the ears, or feelings of being off balance? These symptoms could be related to changes within the inner ear.**

### **Why see a physical therapist for dizziness or balance?**

Dizziness and balance are often affected by disorders of the vestibular system in the inner ear. Physical Therapists can specialize in this area and help patients treat and manage these symptoms.

### **What is your vestibular system?**

A sensory system in your inner ear that contributes to balance, movement, and equilibrium. It coordinates your head and eye movements.

### **What symptoms can improve with physical therapy?**

There are many symptoms that are associated with the vestibular system that can improve with physical therapy techniques.

- Vertigo (spinning)
- Disequilibrium (off balance)
- Lightheadedness
- Motion sickness
- Headaches
- Dizziness
- Weakness
- Balance/Falls
- Difficulty with Walking



### **Conditions that can be addressed with physical therapy:**

BPPV (Benign Paroxysmal Positional Vertigo), complications from Meniere's Disease, Stroke, Labyrinthitis, Vestibular Neuritis, Acoustic Neuroma, Perilymphatic Fistula, Unilateral and Bilateral Hypo function, Traumatic Brain Injury.

### **How will PT address your symptoms?**

At the University of Delaware Physical Therapy Clinic we have certified vestibular therapists who utilize current research and technologies to assess the potential influence of your vestibular system on your symptoms to determine the appropriate treatment.