

Vestibular Rehab

A specialized physiotherapy treatment program and exercise program that can improve the quality of your life.

Vestibular rehabilitation is an exercise based approach to relieve the symptoms and discomfort of vestibular disorders.

Dizziness, unsteadiness and balance problems can all be treated through a gentle exercise program tailored to meet the specific needs of the individual.

Occasionally, a simple series of head movements can resolve the symptoms of BPPV.

Throughout North America, people are getting better and returning to normal lives through vestibular rehabilitation.

Referrals

No referral is required, but it is recommended that you are assessed by your physician prior to commencing a vestibular rehabilitation program.

Our physiotherapist Paul Shin received his Diploma of Advanced Manual and Manipulative Therapy in 2010 and became a Fellow of the Canadian Academy of Manipulative Physiotherapy. He is an instructor for the post-graduate diploma program of manual physiotherapy organized by the Canadian Physiotherapy Association and is a mentor for physiotherapists enrolled in the program.

He uses a variety of techniques including joint mobilization/manipulation, core stabilization and exercise programs, neural tissue mobilization, postural taping, myofascial release, acupuncture and IMS to help his clients reach their full potential.

Contact us today to book your **FREE 10-minute physiotherapy consultation** and learn how we can help you!

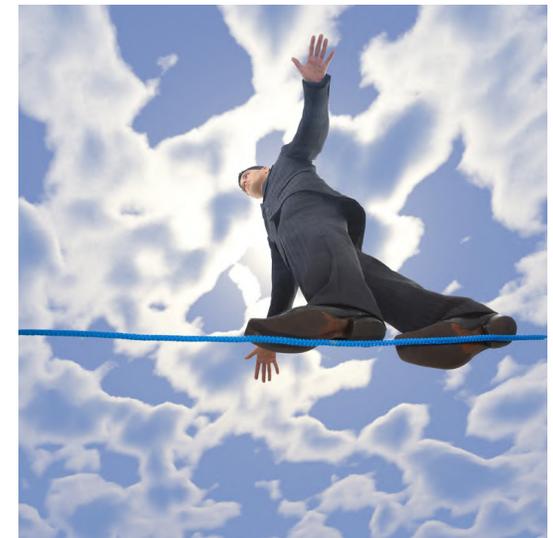


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**Do you
experience...
Dizziness?
Vertigo?
Unsteadiness?**



**Vestibular
Rehabilitation
Can Help**

Vestibular Disorders

Each year, many people complain of dizziness, unsteadiness, vertigo and balance problems. There are numerous causes of these symptoms. However, a large percentage originate from problems with the part of the inner ear and the brain that helps to control balance and eye movements. This is known as the **vestibular system**. If disease or injury damages this system, a vestibular disorder can result.

The Symptoms

Symptoms can range from mild dizziness and unsteadiness to severe vertigo.

Other symptoms include:

- **A spinning sensation** (frequently with changes in head position)
- **Difficulty reading or concentrating** (includes working on a computer)
- **Poor balance**
- **Motion sensitivity** (quicker movements provoke dizziness)
- **Nausea**
- **Headaches**
- **Sensitivity to bright lights and noises**
- **Decreased tolerance of crowds**
- **Blurring of vision** with head movements
- **Difficulty watching TV** or movies

What Causes Vestibular Disorders?

Vestibular disorders are common and can affect people of all ages. They are most often caused by:

- Head trauma (motor vehicle accidents, falls, sports injuries)
- Inner ear infections
- Illness or disease
- Aging
- Certain medications
- Strokes and brain injuries

Initial Assessment

The physiotherapist will assess functioning in four major areas:

1. Eye and head movements
2. Balance and walking
3. Motion sensitivity
4. The musculoskeletal system

What can you expect?

Following your assessment with the physiotherapist, you will be given an individualized home exercise program. Your physiotherapist will be available to monitor and progress your program to ensure optimal results. You can expect to see improvement in your symptoms within 6 to 8 weeks.

Treatment Options

Treatment options vary according to the clinical findings when you're assessed. Vestibular rehabilitation is a drug-free approach involving specific exercises to improve balance function, decrease dizziness symptoms and increase general activity levels. Frequently, the physiotherapist may guide you through a series of head movements for one of the more common vestibular disorders.

Your program may include one or more of the following:

- Balance retraining exercises
- Specific vestibular or habituation exercises
- Exercises to improve visual or gaze stability (adaptation exercises)
- A supervised and/or home exercise program
- Repositioning manoeuvres for problems associated with BPPV (Benign Paroxysmal Positional Vertigo).