



What conditions will benefit from Vestibular Rehabilitation?

Benign Paroxysmal Positional Vertigo (BPPV): caused by calcium crystals floating in the inner ear.

Cervicogenic Dizziness: dizziness or vertigo due to neck postures or disorders.

Vestibular Hypofunction: caused by a vestibular weakness.

Labyrinthitis: inflammation of the inner ear.

Meniere's Disease: over accumulation of fluid in the inner ear that causes attacks of vertigo, tinnitus, and hearing loss.

Drug -induced Ototoxicity: damage to the inner ear due to drug side effects.

Migrainous Vertigo: symptoms associated with migraine headaches.



Kitsap Physical Therapy offers Vestibular Rehabilitation at all 7 locations. All specialists are trained in evidence-based protocols and treatment. To schedule an appointment with one of our vestibular specialists, visit www.KitsapPT.com

Bainbridge Island
(206) 842-6288

Bremerton
(360) 792-1015

Kingston
(360) 297-7050

Port Orchard
(360) 895-9090

Poulsbo-NKMC
(360) 779-3764

Poulsbo-Village
(360) 779-3777

Silverdale
(360) 613-1834



kitsap
physical
therapy
AND SPORTS CLINICS

Vestibular Rehabilitation

Vertigo
Dizziness
Falling
Poor Balance

WHY CONSIDER VESTIBULAR THERAPY?

As many as 76 million Americans will experience dizziness or loss of balance some time in their lives. Poor balance and fear of falling can keep individuals from being active, resulting in a wide range of health concerns.

We offer both vestibular rehabilitation and balance re-training, including particle re-positioning treatments for Benign Paroxysmal Positional Vertigo (BPPV), the most common cause of vertigo.

We have therapists specially trained to help individuals with vestibular disorders to improve symptoms of vertigo (a sensation of spinning), dizziness, and disequilibrium (a sensation of feeling off balance).

Our therapists help individuals improve posture and balance so that they can remain active and safe.

Kitsap Physical Therapy has decades of experience in diagnosing vestibular dysfunctions and providing patients with a program based on their individual needs.



WHAT IS VESTIBULAR THERAPY?

The Vestibular system is a part of the inner ear that helps control balance, your sense of position, and the ability to focus while moving your head. If the function of the inner ear is altered due to injury or other dysfunction, it can affect your ability to balance, walk, and focus.

Our therapist will evaluate each patient, including functional and positional testing, to develop an individualized treatment plan, which may include:

Canalith Repositioning Maneuvers:

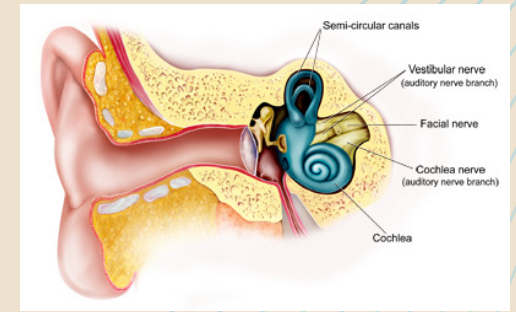
treatments for BPPV, in which the therapist moves the calcium carbonate crystals out of the semicircular canals to relieve vertigo symptoms.

Balance retraining and postural control strategies: to help the patient restore balance, position sense, and function.

Gaze Stabilization Exercises: to help retrain stable vision during head movement.

Habituation Exercises: to help decrease dizziness and motion sensitivity by challenging the system.

HOW IS DIAGNOSTIC TESTING PERFORMED?



A variety of tests are performed to determine the function of the inner ear, the eyes, the muscles, and the central nervous system. Your vestibular therapist will evaluate:

Neck/Musculoskeletal System: to determine if there is a musculoskeletal component contributing to symptoms.

Cardiac Screen: feelings of light-headedness can be cardiac in nature and therefore, are important to assess.

Eye Movement Exam: the eyes, the inner ear, and brain are all connected; an ocular exam can provide essential information.

Sensory Integration Exam: the way the body interprets information from the senses.

Static and Dynamic Balance Testing: to determine fall risk.

Positional Testing: to assess the patient's response to positional changes.

Functional limitations: what you are unable to do due to your symptoms?