VESTIBULAR REHABILITATION

Problems with Dizziness and Poor Balance

Patients may use the words dizzy, clumsy, wobbly, off balance, light-headed or spinning to describe to their doctor how they may be feeling.

The inner ear, along with vision and sensation, are three systems used to maintain balance. When one or more of these systems is impaired the body experiences a mismatch of information – a vertigo, or a sense of imbalance.

Vestibular rehabilitation uses physical therapy techniques to treat vertigo and balance disorders with success rates as high as 90 percent.

Did you know?

- Falling one time increases your chances of falling a second time by 50 percent within the next 6 to 12 months.
- Dizziness is the number one complaint patients over the age of 65 share with their doctors.
- Dizziness is not something you have to put up with because of your age.

Please take the following survey to see if you can benefit from vestibular physical therapy.

Circle YES or NO after each question.

1. Do you have dizziness when getting up from bed or when lying down? ............ YES NO
2. Do you have dizziness rolling to the left or right in bed? .................................. YES NO
3. Do you have dizziness looking up or looking side to side? .......................... YES NO
4. Is it hard to walk across grass or over curbs? ...................... YES NO
5. Have you fallen in the past year? .................................. YES NO

Physical Therapy Can Help

If you have tried several doctors and/or are tired of taking medication, give physical therapy a try! Medicare, Medicaid and private insurance will cover services for vestibular rehabilitation. Ask your doctor for a prescription for vestibular rehabilitation today.
Getting You the Help You Need
If you said yes to one or more of the questions on the front, or have other reasons to believe you may have a balance or dizziness problem, you should talk to your doctor. There may be factors in your recent medical history, such as a disorder, disease, a period of inactivity or a new medication, that may account for feelings of dizziness and unsteadiness.

If the problem persists, you may be referred to a physical therapist. Over the past years, great strides have been made in the assessment of balance and dizziness problems. A physical therapist specialized in vestibular disorders can evaluate the sensory and motor parts of your balance system. The tests will help determine the cause of your dizziness or balance problem and assist in the development of a customized treatment approach. A variety of therapy techniques are used to treat problems with dizziness and balance, so you can return to the activities you love.

The Wheaton Franciscan Healthcare Difference
Wheaton Franciscan Healthcare offers a comprehensive approach to dizziness and balance problems. Our caring experts begin with a thorough evaluation of your problem and your overall physical status. We develop a personal treatment plan which may include exercise, neuromuscular re-education, repositioning techniques, or other treatment approaches. **We use the latest technology, including infrared vestibular goggles** for initial assessment and continuing measurement of progress during treatment.

To Learn More
Vestibular rehabilitation services are available at four convenient Wheaton Franciscan Healthcare locations.

If you are interested in learning more, ask your doctor or call us directly at the location of your choice.

**Kimball Ridge Center**
2101 Kimball Avenue, Waterloo, IA  50702
319.272.7200

**Sartori Memorial Hospital**
515 College Street, Cedar Falls, IA  50613
319.272.7200

**Arrowhead Medical Center**
226 Bluebell Road, Cedar Falls, IA 50613
319.272.7200

**Covenant Clinic Traer**
200 Walnut Street, Traer, IA  50675
319.272.7200

* The infrared vestibular goggles are only available at the Kimball Ridge Center location.