



Upper Perk Physical Therapy & Sports Rehab

Vestibular Rehabilitation

Everyone has experienced dizziness or light-headedness at some point in his or her life. What if that sensation occurred daily, and you felt like you had no control over it? If this happens to you or anyone you know, the first step would be to see your doctor or your direct access certified Physical Therapist. It is possible that the symptoms are a side effect of a change in dose of your medication. Perhaps there is an inefficiency of the heart to pump blood to the brain with position changes. Perhaps there is an occlusion (blockage) of arteries that travel up the neck. It is also possible that there is a problem with the Vestibular system, which is housed in the inner ear. The Vestibular system senses motion in 3 planes, and coordinates that information with visual and auditory input to maintain balance.

As you can see, treating vertigo, or dizziness, is not a simple manner. Did you know that physical therapists are trained to evaluate and treat this condition? The most important part of the treatment is having a thorough evaluation to determine the cause. If there is a disorder of the vestibular system, there are exercises and sleeping positions that can be adopted to help minimize symptoms. If it is a pure vestibular problem, physical therapy treatment usually only consists of a few visits to educate the patient in a home exercise program. Often times, however, there are other issues worth addressing in PT. There is usually a correlation between vestibular dysfunction and upper cervical spine tension and even headaches. These musculoskeletal issues can be addressed with manual therapy, modalities and exercise. If there is also a balance issue, or areas of weakness limiting their function, that can also be addressed in PT.

If you or anyone you know has an issue with vertigo or balance, have them call our office to set up a comprehensive evaluation.