



Broadmead Orthopaedic Physiotherapy Clinic*

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Do you experience...

Dizziness?

Vertigo?

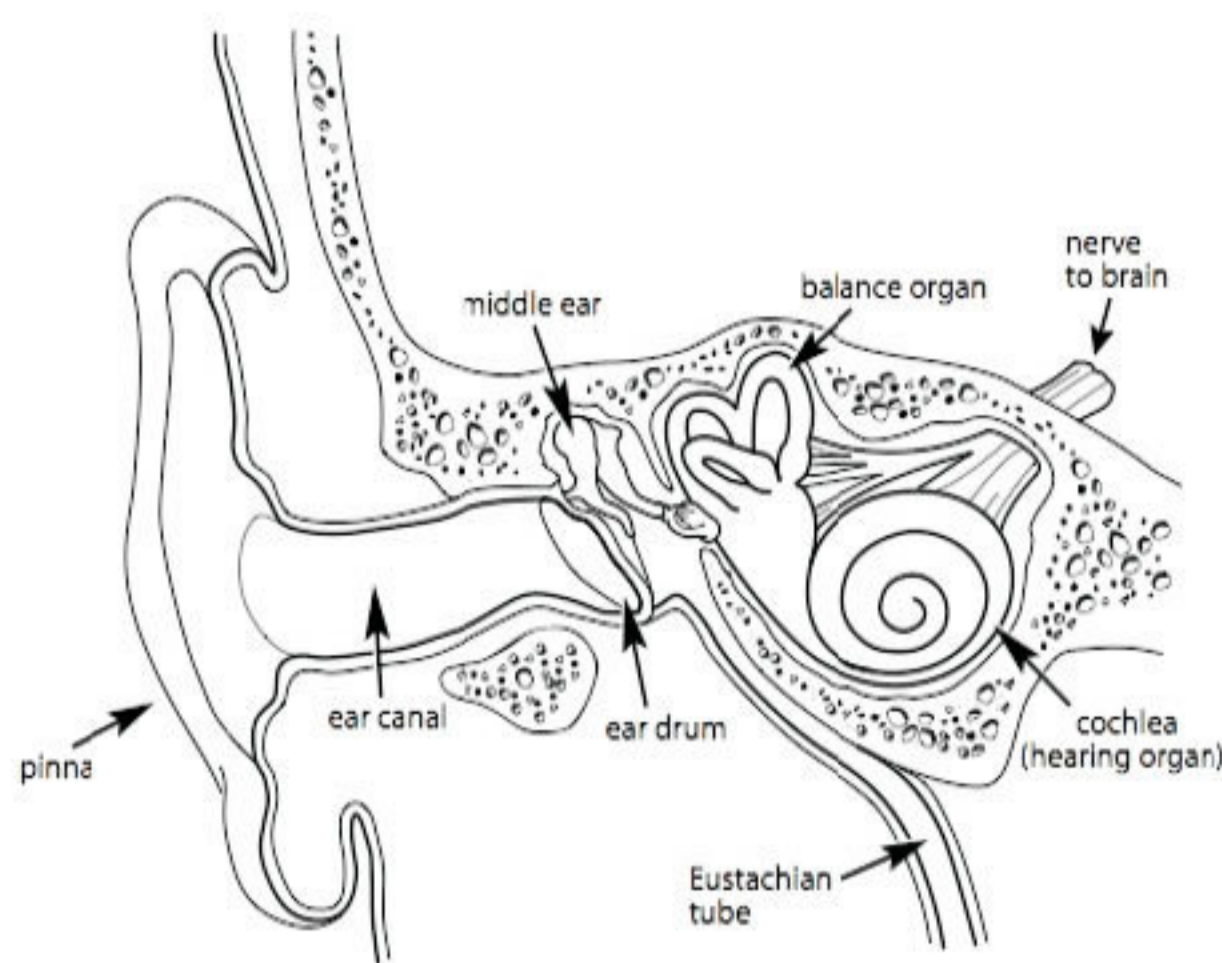
Unsteadiness?

Balance Problems?

Vestibular Rehabilitation Can Help

Each year many people complain of dizziness, unsteadiness, vertigo and balance problems. There are numerous causes of these symptoms. However, a large percentage originates from a problem with the part of the inner ear and the brain that helps 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 Inner Ear



The Symptoms

Symptoms range from mild dizziness, unsteadiness to severe vertigo lasting from a few seconds, to months or even years. Other symptoms include: a spinning sensation, difficulty reading or concentrating, poor balance, disorientation, nausea and/or vomiting, headaches, sensitivity to bright lights and/or noises and poor tolerance of crowds. Vestibular disorders are common and can affect people of all ages and all walks of life. They are most often caused by head trauma, ear infections, aging, illness or disease, medications or stroke and brain injury.

Initial Assessment

Following a detailed medical history your physiotherapist may assess function in three major areas:

1. eye and head movements
2. balance and walking
3. the musculoskeletal system

Treatment

Treatment for vestibular disorders varies according to the diagnosis. Vestibular rehabilitation is a drug free approach involving specific exercises to improve balance function, decrease dizzy symptoms and increase general activity levels. Your program may include one or more of the following:

- Balance retraining exercise
- Specific vestibular exercises
- Supervised therapy sessions to monitor progress and continually challenge the vestibular, visual and balance systems.
- Repositioning manoeuvre for B.P.P.V. (Benign Paroxysmal Positional Vertigo) a condition where crystals are caught in the inner ear.

Following your assessment you can expect to be given an individualized home exercise program specific to your needs. Your progress will be monitored during your continued therapy and you should expect to see improvements in your symptoms within 6 to 8 weeks.

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

For more information you can visit our website www.broadmeadphysiotherapy.com or call Broadmead Orthopaedic Physiotherapy Clinic (250)881-1199