

2. Vestibular Rehabilitation.

Designed for the patient whose symptoms may be severe and who requires supervision during exercise. Therapy sessions include the use of vestibular therapy equipment which most people enjoy. For older patients, there is an emphasis on fall prevention. Typically the patient participates in two or three 60 minute sessions per week, with an average of eight to twelve sessions. As the patient progresses, home exercises are added to accelerate the results.

3. Balance Retraining.

For individuals who have a loss of balance, unsteadiness or loss of surefootedness. Most of these patients do not report dizziness or motion intolerance. We emphasize practical solutions to the common problems of difficulty getting around in the dark, walking on uneven surfaces and moving unencumbered on ramps or stairs. Fall prevention, movement coordination, and improved participation in everyday activities are all high priorities of the program.

4. Self Directed Exercises.

Home based therapy which the patient does on his own. Each program is individually and especially designed for the patient based on test results and the situations which bring on symptoms. This approach is most commonly used with patients that do not require supervision during exercise. Best results occur when the patient spends 20-30 minutes per session two to three times a day. Most patients report a significant reduction in their symptoms within a two to four week time span.

For more information on vestibular disorders please visit: www.dizzy.com

DON'T GIVE UP

The majority of patients we see have tried to find help for their balance disorder, but were often told "...they'd have to learn to live with it." It is important to remember that just as each patient's problem is unique to them so is the therapy and the outcome. Through Vestibular Rehabilitation and Balance Retraining, the vast majority of our patients find the relief they've been seeking. Don't give up!

The American Institute of Balance is a nationally and internationally recognized leader in the development of evaluation, treatment, and therapy protocols for patients with dizziness and balance problems.

Vestibular Rehabilitation

New Therapy for Dizziness & Balance Disorders



Patient Education Series

An exciting and successful new treatment for dizziness and balance disorders has emerged over the past ten years called VESTIBULAR REHABILITATION and BALANCE RETRAINING. This treatment is being used at some of the nation's leading medical centers including; Johns Hopkins, Walter Reed Army Medical Center, and Mayo Clinic, and leading universities.

Thousands of patients throughout the country are getting better and returning to normal lives because of these programs. Many of these specially designed therapies have been developed and used to treat astronauts and pilots with lingering or chronic inner ear related equilibrium problems.

FIRST THINGS FIRST

The first step to getting better is the proper diagnosis. According to the National Institute of Health, 85 % of all equilibrium problems can be directly related to an inner ear disorder. Changes in the inner ear may occur for many reasons, including illnesses, infections, trauma, or simply the natural aging process. For some individuals who have experienced Meniere's disease, labyrinthitis (inner ear infection) or vestibular neurinitis (inflammation of the balance nerve), the sense of "not feeling quite right" or dizziness may linger for years after the original occurrence. For others, the loss of surefootedness causes a constant fear of falling and possibly a more serious injury.

HOW DOES THERAPY WORK?

Think of each inner ear as a propeller on an airplane. In order for the airplane to fly in a straight line each propeller must produce an equal number of revolutions per second. If one of the propellers stops or slows, the airplane will veer off course, or fly in circles. Likewise, when there is a change in one of the human vestibular system's outputs we experience the feeling of turning or motion, which we call dizziness or vertigo.

Now imagine that the airplane has a very sophisticated on-board computer that could be programmed to adjust and correct for the difference between the two propellers to keep the airplane flying a straight course. In the case of a human balance disorder, the brain acts as the body's on-board computer. Vestibular Rehabilitation and Balance Retraining actually re-programs the vestibular system's connections within the brain to adjust to the imbalance.

TYPES OF THERAPY

There are four general categories of therapy. More than one of these may be indicated to make the patient better as quickly as possible.

1. Canalith Repositioning/Liberatory Maneuver. Designed for an inner ear condition called Benign Paroxysmal Positional Vertigo (BPPV). This condition occurs when the salt-like crystals in the inner ear called otoconia, become

dislodged and float within the canals of the vestibular system. Treatment includes one or two 20 minute visits as the crystals are gently repositioned.

