

What is vestibular rehabilitation?

Vestibular rehabilitation is an individualized program to treat patients with vertigo, dizziness and/or balance disorders.

(Vertigo is another word used for dizziness but is usually a spinning sensation.)

What causes vertigo/dizziness or balance disorders?

A variety of conditions may cause vertigo/ dizziness or balance disorders. Some of these causes are listed below.

-BPPV (Benign Paroxysmal Positional Vertigo): This is the most common cause of vertigo. In this condition, particles from the inner ear become dislodged into ear canals. There is an 85% success rate in treating BPPV.

Causes of vertigo/dizziness or balance disorders continued:

-Vestibular hypofunction: In this condition, the vestibular system (inner ear) is not working properly. Aging may be a cause. Therapy is usually a good option.

-Stroke: Depending on severity and area affected, therapy may be an option.

-Head Trauma: Depending on the severity and area of trauma, therapy may be an option.

-Meneire's disease: treatment usually involves medication, diet modification and/or surgery.

What does treatment involve?

A licensed physical therapist will complete an initial evaluation to determine if physical therapy is appropriate. An individualized program will then be developed according to the cause of the symptoms.

Treatment may include:

Balance training: exercises to increase your balance.

Eye reflex training: such as watching objects move.

Habituation exercises: this includes doing the activity that produces your dizziness so the brain does not perceive this activity as being abnormal.

Epley maneuver: in the case of BPPV a maneuver that allows the dislodged particles to return to correct position will be performed.

Home program: if indicated, a home exercise program may be prescribed.

How often will I receive therapy?

Frequency and duration of treatment varies between individuals, but is usually three times per week. A person may be involved in therapy from one day to a couple of months.

How can I get help?

A referral from your physician is necessary to begin treatment. To schedule an appointment or for more information, please contact our staff at (319) 385-6102.



Henry County Health Center

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01/04 Vestibular Brochure

Vestibular Rehabilitation

*Treatment for
patients with
vertigo/dizziness
and balance
disorders*



*Rehabilitation Services
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