

## Services

Contact your physician, physician assistant or nurse practitioner for an order to receive treatment. A person may self-refer to therapy depending on insurance coverage. Please call (319)385-6102 regarding any questions or if you would like to begin your therapy.



## Henry County Health Center Rehabilitation Services

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[www.hhc.org](http://www.hhc.org)

## Henry County Health Center Rehabilitation Services

### *Vestibular Therapy Program*

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## What is Vestibular Therapy?

Vestibular therapy is treatment for vertigo (spinning sensation), dizziness, and/or balance disorders.

### Causes

A variety of conditions may cause vertigo/dizziness or balance disorders.

**BPPV (Benign Paroxysmal Positional Vertigo):** This is a very common cause of vertigo. In this condition, particles from the inner ear become dislodged into canals inside the ear. Patients may feel nauseated, off-balance and a spinning sensation with head movements. Patients may complain of spinning sensation when rolling in bed or sitting up. Therapy is often successful in treating this condition.

**Vestibular Hypofunction:** In this condition, the inner ear is not working as well as it should. The brain will perceive a movement as being abnormal which creates dizziness. There can be several causes, including a virus or aging. Therapy is usually a good option for this condition.

**Other:** Causes may also include head trauma, stroke, Meniere's disease, and tumors to name a few.

### Evaluation

Your physical therapist will perform a thorough evaluation which may include examining eye movements, head movements, balance, as well as special tests and detailed questioning. Your therapist may put you in specific positions that could bring on your symptoms in order to determine your correct treatment. Patients should have someone with them to drive following treatment as patients may feel dizzy or off-balance for a short time.

### Treatment

**Balance Training:** Exercises to increase your balance, for example: standing on foam and closing eyes, or dynamic movements such as walking while looking up and down.

**Eye Exercises:** For example, looking at an object while turning head back and forth.

**Special Manuevers:** Manuevers such as the Canalith Repositioning Manuever may be used. This is for patients with BPPV. It consists of taking the patient into a lying position and rotating the head certain directions, then returning to sitting position. This allows for particles to return to the correct position in the ear.

**Habituation Exercises:** Patients perform the activity that produces their dizziness so the brain no longer perceives this movement as abnormal. Used for patients with vestibular hypofunction.