

## ARE YOU A CANDIDATE FOR THE VESTIBULAR PROGRAM?

### Do you experience...

Dizziness

ringing or fullness in the ears

Hearing loss

Falls or loss of balance

Motion sickness

Vestibular rehabilitation can help. Schedule a physical therapy evaluation if you or a loved one answered yes to any of the above questions.

Vestibular rehabilitation involves specific exercises focusing on integrating vision, joint sensation/proprioception, and vestibular/inner ear stimuli. Exercise programs are designed to decrease dizziness and vertigo, improve balance and function, and promote compensatory strategies for inner ear deficits.

We recommend bringing a driver on your first visit.



[www.IndianaTotalTherapy.com](http://www.IndianaTotalTherapy.com)

## Vestibular and Balance Therapy

at

Balance and Concussion Center

120 IRMC Drive, Suite 120

Indiana, PA 15701

Phone: 724.465.8505

Mon, Wed, Thurs. 8 am—6:30 pm

Tue. & Fri. 7:30 am—noon

*Specialized Therapists bringing you specialized care*

**Jamie L. Chichy, DPT**



[www.indianarmc.org/humanmotioninstitute](http://www.indianarmc.org/humanmotioninstitute)



## Vestibular and Balance Therapy



*Treating Dizziness, Vertigo,  
Motion Sensitivity, and  
Imbalance*

# DYSFUNCTIONS OF THE VESTIBULAR SYSTEM

## Aging

Degeneration of the hair cells in the inner ear are thought to occur with aging and can result in not only hearing loss but dizziness and vertigo as well.

## Acoustic Neuroma

An acoustic neuroma is a benign (non-cancerous) tumor that can grow on the vestibulocochlear nerve and cause symptoms of vertigo.

## Allergies

Allergies can cause symptoms of vertigo and dizziness due to changes in inner ear fluid or middle ear pressure due to swelling of the Eustachian tube and production of fluid in the inner ear.

## Benign Paroxysmal Positional Vertigo (BPPV)

BPPV is a disorder that causes vertigo due to debris called otoconia becoming displaced within the ear canals.

Symptoms of BPPV usually occur with a change in head position, such as getting out of bed and rolling over.

Nearly 20% of all cases of reported dizziness are attributed to BPPV.

## Meniere's Disease

Meniere's disease is a vestibular disorder that is a result of large amounts of fluid collecting in the inner ear called endolymph. Meniere's disease is associated with violent, spontaneous attacks of vertigo, fluctuating hearing loss, fullness in the ear, and/or tinnitus/ringing in the ears.



Meniere's disease over time may lead to constant struggles with vision, imbalance, significant hearing loss and stronger, more consistent aural fullness and tinnitus.

## Mal de Debarquement

Mal de debarquement is a term that refers to symptoms that occur due to "disembarkment." Symptoms can occur after travel including not only cruises, i.e., sea legs, but also airline travel.

## Labyrinthitis and Vestibular Neuritis

Labyrinthitis and vestibular neuritis are disorders caused by an infection that inflames the inner ear and the vestibulocochlear nerve. Symptoms include vertigo, dizziness, and difficulties with balance, vision and hearing.

### *A Physical Therapy Evaluation includes:*

- Oculomotor exam*
- Positioning exam/Dix Hallpike*
- Balance and Postural Control evaluation*
- Musculoskeletal examination*
- Coordination exam*

*Goals of Physical Therapy are to decrease vertigo and dizziness, improve balance and postural control, and improve gaze stability.*



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