

Vestibular Therapy

Vestibular rehabilitation is provided by licensed physical therapists who are specially trained in vestibular therapy. Your physical therapist will tend to your balance disorder and help you return to the activities you enjoy.

Your evaluation will determine:

- Positions or movements that may cause your dizziness
- Examination of your balance
- Visual function testing

Once a disorder is diagnosed, our experienced physical therapists will develop a personalized treatment program. **Treatments that may be used to restore function include:**

- Special maneuvers to restore normal inner-ear function
- Balance training
- Strength training
- Eye reflex exercises
- Manual therapy to address neck conditions

Our goal is to minimize symptoms, increase independence and improve quality of life.



How long does treatment last?

The cause of the disorder will help determine how long it takes to recover. For example, if your dizziness is due to one type of inner-ear dysfunction, it could be one to two weeks. But if it is due to changes as a result of aging, therapy could last two to three months.

Introduction to vestibular therapy

Millions of people experience dizziness on a regular basis. Balance disorders are common in seniors and can affect people who have experienced inner-ear dysfunction, head trauma, stroke, or people who have central nervous system disorders such as Parkinson disease or multiple sclerosis.

You may require vestibular rehabilitation if you experience:

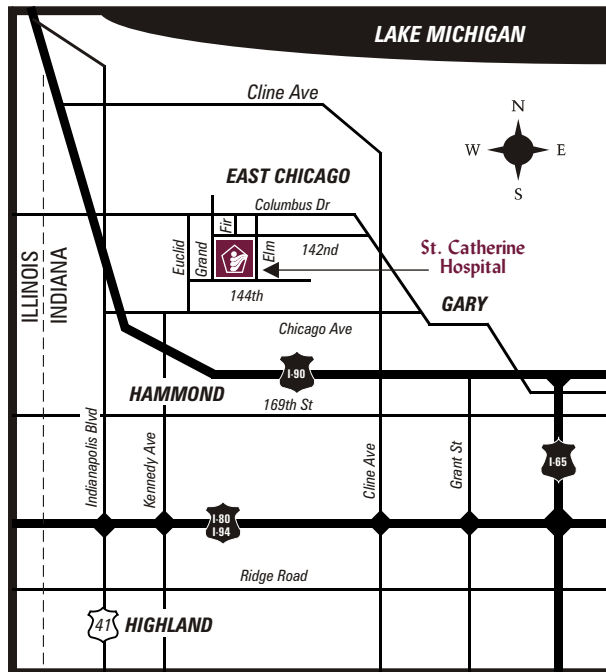
- Dizziness
- Episodes of spinning/light-headedness
- Loss of balance
- Trouble focusing or reading

What is the vestibular system?

The vestibular system helps our bodies maintain balance. The vestibular system uses information from the eyes, inner ear, arms and legs to tell the brain how the body is moving or how the body is positioned.

Sometimes, this information is distorted or missing, and this results in a loss of balance (or dizziness).

The goal of vestibular therapy is to restore good communication between these sources of information and the brain.



St. Catherine Hospital Vestibular Therapy

We are located on
the second floor of
St. Catherine Hospital
4321 Fir Street
East Chicago, Indiana, 46312
(219) 392-7400

A physician's prescription is required
to receive services.



ST. CATHERINE Hospital

4321 Fir Street, East Chicago, Indiana 46312



Vestibular Therapy

St. Catherine Hospital specializes
in the treatment of dizziness and
related balance disorders.

To Schedule an appointment call
219-392-7400