

VESTIBULAR REHABILITATION

TLC REHAB

COMMONLY USED TO:

- ◆ Decrease Inflammation
- ◆ Decrease Pain
- ◆ Reduce Spasms
- ◆ Muscle Re-Education
- ◆ Increase Blood Flow
- ◆ Reduce Swelling
- ◆ Muscle Relaxation
- ◆ Promote Healing

DIAGNOSIS FREQUENTLY ADDRESSED

- ◆ Peripheral Neuropathy
- ◆ Pre/Post Operative Conditions
- ◆ Orthopedic
- ◆ Rheumatology
- ◆ RSD/Pain Management

Dizziness and/or loss of balance is a very common complaint by people of all ages. Vestibular Rehab Programs have been shown to effectively reduce complaints of VERTIGO in patients.

A majority of individuals over 70 years of age report problems of dizziness and imbalance, and balance-related falls account for more than one-half of the accidental deaths in the elderly. Furthermore, in a sample of persons age 65-75, one-third reported that dizziness and imbalance degraded the quality of their lives. Specialized vestibular rehab and balance programs have been shown to effectively reduce complaints of vertigo and dizziness by 85% through therapy.

Therapeutic Approach:

Vestibular Rehab Programs are designed to relieve dizziness and improve balance associated with peripheral vestibular abnormalities. See list of common diagnosis to the left.

Assessment of vestibular problems with patients experiencing inner ear dysfunctions focuses on three major areas:

1. **EVALUATION OF THE MUSCULOSKELETAL SYSTEM**
2. **BALANCE AND GAIT ASSESSMENT**
3. **VESTIBULAR ASSESSMENT**

THE GOALS OF THERAPY:

- Decrease dizziness
- Improve balance
- Increase VOR (Vestibular Occular Reflex)
- Minimize risk of falls and associated injuries
- Increase quality of life, activity level and safety