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# *Vestibular Dysfunction Symptoms & Treatment*

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## *What is the Vestibular System?*

The vestibular system is one of the three primary sensory systems that contribute to postural control and balance. The vestibular system is located in the inner ear. The remaining two sensory systems are:

- ◆ position sensation/ body awareness; and
- ◆ visual.

## *Dizziness & Vertigo*

Dizziness and vertigo - feelings of spinning or motion - are the second-most common health complaints among adults. Vertigo indicates a problem with the vestibular system in your inner ear. It can affect your sense of balance and limit your daily activities.

Ask yourself the following questions to determine whether you would benefit from Riverview Rehabilitation Center's vestibular assessment and treatment program:

- ? Do you experience spinning and dizziness that interferes with your daily activities?
- ? Do you experience nausea, anxiety or headaches associated with movement of your head or eyes?
- ? Do you experience a feeling of unsteadiness when driving or riding in a car?

If you answer yes to one or more of these questions, you could benefit from our vestibular assessment and treatment program.

## *What Treatment Do We Offer?*

Our vestibular rehabilitation program is an exercise approach to manage the complaints of dizziness and vertigo in people with vestibular dysfunction.

A physical therapist who is specially trained to treat vestibular dysfunction will perform an evaluation, which includes examining the following:

- ◆ Muscle/Bone System
- ◆ Pain
- ◆ Posture and Alignment
- ◆ Range of Motion
- ◆ Strength
- ◆ Neuromuscular System
- ◆ Balance
- ◆ Coordination
- ◆ Sensory System
- ◆ Position Sensation/Body Awareness
- ◆ Vestibular/Inner Ear
- ◆ Visual

Prior to referral to a physical therapist, persons may have diagnostic tests for hearing and eye movements recommended by their doctor to further assess and treat dizziness and vertigo.

## *Treatment*

Treatment is individualized and based on the findings of the assessment. Treatment plans may include:

- ◆ balance/coordination exercises;
- ◆ flexibility exercises;
- ◆ gaze stabilization exercises;
- ◆ repetition exercises;
- ◆ repositioning maneuvers;
- ◆ visualization exercises; and
- ◆ strengthening exercises.

An emphasis is placed on patient education. Compliance with a home exercise program is essential for success.

## *Where is Treatment Available?*

A vestibular rehabilitation program is offered by Riverview Rehabilitation Center, where physical therapy staff are specially trained to treat vestibular dysfunction.

You may call Riverview Rehabilitation Center at 715-424-8500 for more information. A physician's referral is required to initiate treatment.

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## ***Riverview Rehabilitation Staff & Services***

Riverview Rehabilitation is staffed by skilled professionals, including: Occupational Therapists, Certified Occupational Therapy Assistants, Physical Therapists, Physical Therapist Assistants, and a Speech & Language Pathologist.

These licensed professionals provide a full complement of services, including:

- ◆ Orthopedic Therapy
- ◆ Speech & Swallowing Therapy
- ◆ Work Conditioning
- ◆ Balance & Vestibular Dysfunction Treatment
- ◆ Incontinence Treatment
- ◆ Headache Pain Treatment
- ◆ Temporomandibular Joint (TMJ) Treatment
- ◆ Lymphedema Treatment
- ◆ Neurological Hand Rehabilitation with the SaeboFlex Splint
- ◆ Clinical Driving Assessments
- ◆ Therapy after a Stroke, CVA or Brain Injury

Riverview's licensed therapists: assess clients' conditions; develop plans of care; and establish functional goals with clients.

***Even if you see a doctor from  
another community or facility,  
you may request to rehabilitate  
locally with Riverview.***

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## ***Three Locations***

Riverview Rehabilitation was established in 1992 to respond to the growing needs of area residents for convenient, readily accessible outpatient rehabilitation services. Today, Riverview Rehabilitation has three convenient locations, including:

### **Riverview Rehabilitation Center**

in Riverview's Bethke Building at 1041 Hill Street in Wisconsin Rapids.

This 10,000-square-foot facility includes:

- ◆ Large gymnasium with leading-edge diagnostic and rehabilitation equipment
- ◆ Individual treatment/exam rooms
- ◆ Biodex Balance System to improve balance and weight shift
- ◆ Biodex Unweighing System to improve the quality and speed of walking
- ◆ Bathroom and kitchen training areas for clients with functional disabilities

### **Riverview Family Clinic Nekoosa**

at 1015 Angelus Drive in Nekoosa

### **Riverview Family Clinic Lakes Area Medical Center**

in the Town of Rome at 1160 Rome Center Drive (Highway 13 and Queen's Way)

***Riverview***

REHABILITATION CENTER

715-424-8500

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

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# **Vestibular Dysfunction**

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## ***Symptoms & Treatment***

***Riverview***

REHABILITATION CENTER

**Three Convenient Locations:  
Wisconsin Rapids  
Nekoosa ◆ Lakes Area**