The Vestibular Rehab Program

Remember spinning around in circles when you were little, just to feel dizzy and disoriented? Many of us remember feeling that way as a child—but don’t expect to feel that way as adults. Yet thousands of Americans suffer from chronic dizziness and balance problems. According to physicians, chronic dizziness is the second most common complaint they see after lower back pain.

Our Vestibular Rehab program offers relief to those of you who struggle with chronic dizziness and balance problems. These symptoms are often caused by problems in the vestibular, or balance center, of the ear.

A vestibular disorder is a disturbance that causes you to feel unsteady, giddy, woozy, or have a sensation of movement, spinning, or floating. Symptoms can range from mild, lasting only minutes, to severe, resulting in total disability. Your vestibular system interacts with many other parts of the nervous system and symptoms can also include problems with vision, muscles, thinking, and memory.

People with vestibular disorders often report fatigue and inability to concentrate as well as difficulty reading and speaking when tired. For some, these symptoms are constant and disabling and can be accompanied by irritability, loss of self-esteem, and depression. Nearly 8 million patients are seen by physicians for evaluation and treatment of vestibular disorders each year.

Vestibular Rehab is used to retrain your brain to work around, and compensate for, an inner ear deficit. After an initial evaluation, a specially trained physical therapist will develop an individualized program of visual motor control and adaptation exercises. Depending on your diagnosis, you will be seen for therapy anywhere from one to three times a week.

Vestibular Rehab is usually covered by insurance and requires a physician referral. We are one of the only physical rehabilitation facilities in NW Ohio offering a specialized Vestibular Rehab program.

This type of therapy can really help alleviate your dizziness and balance problems. In some cases, it only takes a few sessions for you to experience real improvement. Ask your doctor about the benefits of Vestibular Rehab. For more information about our Vestibular Rehab program call us at 419.841.9622 or email us at info@cpwhc.com.