



# Vertigo Rehabilitation



## VESTIBULAR DISORDER MAY BE CAUSED BY:

- Head Trauma (MVA, falls, impact sports)
- Ear infections, including otitis media and labyrinthitis
- Ototoxicity
- Aging
- Insidious onset such as; Benign Paroxysmal Positional Vertigo (BPPV)
- Poor gaze stability
- Motion sensitivity (quick head movement provoke dizziness)
- Cardiovascular system
- Neurological dysfunction
- Visual defects
- Psychogenic dizziness
- Vestibular systems disorders
- The term dizziness is used to describe a variety of sensations - disoriented, giddy, clumsy, fuzzy

headed, whirling, floating, spinning, falling, staggering and



swaying. Vertigo is not the same as dizziness - it is a subcategory of dizziness.

## WHAT CAN YOU EXPECT?

Vestibular Rehabilitation is a specialized physiotherapy treatment program that is individualized for each client.

Vestibular Rehabilitation is an exercise-based approach to relieve the symptoms and discomfort of vestibular disorders.

## A THOROUGH ASSESSMENT IS PERFORMED

- Eye and head coordination
- Balance and gait
- Motion sensitivity

## TREATMENT MAY INCLUDE...

- Balance retraining exercises
- Specific vestibular exercises
- Supervised therapy sessions to monitor progress & continually challenge the vestibular, visual & balance systems
- Repositioning maneuver for BPPV (Benign Paroxysmal Positional Vertigo)

## VESTIBULAR/VERTIGO REHABILITATION

One of our Registered Physiotherapist will complete a thorough assessment of eye and hand coordination, balance and gait and motion sensitivity to determine the cause of the dizziness.



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**WorkfitPhysiotherapy.ca**

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