



THE PORTLAND CLINIC - SOUTH
 6640 SW REDWOOD LN | PORTLAND, OR 97224
 PHONE | 503-620-7358
 HOURS | M-F 8am-5pm



THE PORTLAND CLINIC - TIGARD
 9250 SW HALL BLVD | TIGARD, OR 97223
 PHONE | 503-293-0161
 HOURS | M-F 8am-5pm

Our Mission: We are a comprehensive medical team committed to making a healthy difference in your life.
We specialize in you.



APPOINTMENTS

To make an appointment please call:

THE PORTLAND CLINIC - SOUTH
THE PORTLAND CLINIC - TIGARD
 503-293-0161 x4028

All ages welcomed.

Vestibular Rehabilitation Therapy

Your Appointment

DATE	TIME
LOCATION	
THERAPIST	

If you cannot keep this appointment, please cancel by phone at least 24 hours prior to your appointment so that someone else may have the time reserved for you.





Vestibular rehabilitation can help with a variety of balance issues, from a slight decrease in balance to a severe debilitation in the body's vestibular (balancing) system. Vestibular rehabilitation aims to correct dysfunctions of the vestibular system which is found deep within the inner ear. Common disorders include: Benign paroxysmal positional vertigo (BPPV), unilateral and bilateral vestibular hypofunction/weakness, labyrinthitis and vestibular neuritis. Whether your symptoms are chronic (constant or on and off for several months or years) or acute (sudden and recent onset), vestibular rehabilitation can help. People have even had success using vestibular rehabilitation following surgery for vestibular problems.

Symptoms can range from a mild sensation of being off balance to an overwhelming sense of vertigo. Vertigo is an inaccurate sense of motion felt when the body's vestibular system is not operating correctly. Everyone experiences vertigo slightly differently. It may or may not be in conjunction with nausea and vomiting, hearing loss, or loss of balance. Vertigo can be diversely described as a feeling of being "light-headed, a spinning sensation, dizziness, being in a fog, feeling unsteady, blurred vision, stuffiness in the head," etc. Regardless, it can have a profound impact on one's daily life and quality of life that vestibular rehabilitation can improve.

SESSIONS

Simple cases are often improved in 1-2 sessions, with more debilitating disorders ranging from 6-12 sessions. In most cases, with diligent compliance to the

exercises, your balance will improve, muscle tension, headaches and fatigue will diminish, and symptoms of dizziness, vertigo, and nausea will decrease or disappear.

WHAT HAPPENS DURING THERAPY?

A physical therapist trained in vestibular rehabilitation can evaluate you and design a treatment protocol for you based on the outcome of a variety of physical tests and your description of your symptoms. Treatment of these vestibular disorders will vary depending on the type of dysfunction found. Most commonly, the physical therapist will instruct you in specific exercises you can perform at home to help your vestibular system and brain adapt to improve your balance and vertigo symptoms. Treatment may also include the use of the canalith repositioning maneuver, a maneuver specifically designed for the treatment of BPPV to reposition displaced calcium carbonate crystals in the inner ear.

BENEFITS OF TREATMENT

Vestibular rehabilitation can significantly help alleviate the symptoms of many vestibular disorders which can result in no longer feeling dizzy or off balance. This results in the ability to participate in social activities and physical recreation again.

