

What is vestibular rehabilitation/therapy?

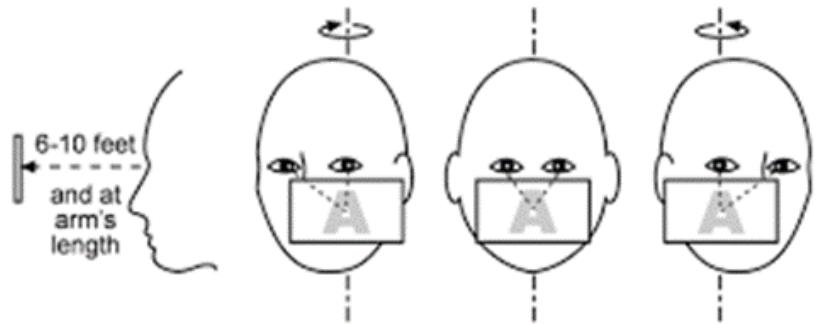
Vestibular therapy is a specific, exercise-based program instructed by a certified vestibular rehab specialist. This program is designed to improve balance and to reduce dizziness-related problems.

What are common signs and symptoms of vestibular problems?

- Dizziness or blurry vision with head movements
- Imbalance or unsteadiness on feet with walking
- Headaches
- Vertigo or “spinning” sensation
- Feeling like head is “foggy” or “full”
- Frequent falls

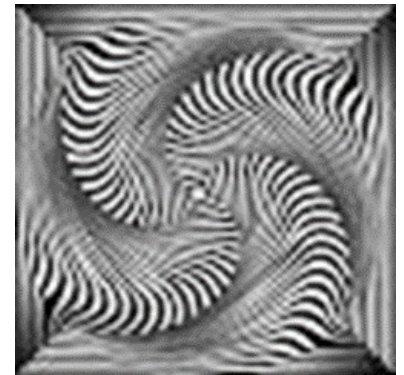
What are common causes of vestibular related problems?

- Viral infection
- Aging
- Head injury



How long is a vestibular rehabilitation program?

A program will vary according to the findings and specific diagnosis. Some patients may only require 1-2 sessions before balance and dizziness subsides. Other more involved diagnosis may require a 12 week program in order to improve the vestibular system.



How do I get a referral to a vestibular rehabilitation specialist?

A phone call or visit to your doctor's office will help get the process started. Please indicate any dizzy problems to your doctor and your request to see a certified vestibular specialist. Your doctor will allow you choose a place for therapy services to be rendered or can help you find a physical therapist certified in vestibular rehabilitation if you need assistance.



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