



Healing Garden

Our Mission

Improving Health and Wellness
for Longer, Healthier Lives



www.edgertonhospital.com

Vestibular Rehabilitation



Services

- Acute and Outpatient Care
- Cardiac Services
- Community Education Courses
- Diagnostic Testing
- Ear, Nose, Throat
- Emergency and Urgent Care
- Family Medicine
- General and Specialized Surgery
- Infusion Services
- Lymphedema Clinic
- Physician Specialty Clinics
- Podiatry
- Pulmonary Services
- Rehabilitation – PT, OT, Speech
- Respiratory Therapy
- Respite Care
- Short-Term Rehabilitation (Swing Bed)
- Sleep Study Program
- Women’s Pelvic Health
- Wound Care

Local, Convenient

11101 N. Sherman Road
Edgerton, WI 53534

608.884.3441



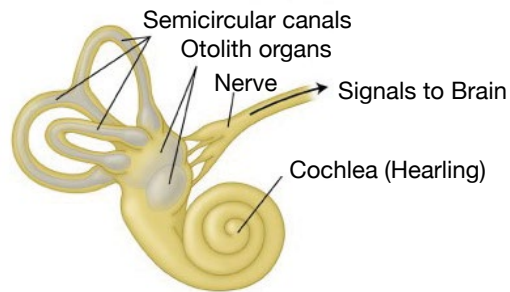
Passionate People, Compassionate Care

What is Vestibular Rehabilitation?

The vestibular system includes parts of the inner ear and brain that help control balance and eye movements. If the system is damaged by disease, aging or injury, vestibular disorders can result and are often associated with symptoms such as vertigo and dizziness.

Patients experiencing symptoms of vestibular dysfunction may benefit from vestibular rehabilitation – an approach of physical therapy designed at decreasing dizziness, vertigo and imbalance.

Vestibular System [balance]:



Who Would Benefit from Vestibular Rehabilitation?

Patients with symptoms associated with diseases such as:

- Benign Paroxysmal Positional Vertigo (BPPV)
- Labyrinthitis
- Vestibular neuritis
- Meniere's syndrome
- Cervicogenic dizziness

What to Expect During a Physical Therapy Evaluation

- Interview to discuss symptoms, complaints and functional limitations
- Neurological and musculoskeletal exam
- Oculomotor examination
- Vertigo assessment
- Positional testing
- Balance examination



What to Expect with Physical Therapy Treatment

Each patient will participate in an individualized treatment program with may include:

- Patient education
- Home exercise
- Repositioning maneuvers
- Habituation exercises
- Eye exercises (gaze stabilization)
- Balance exercises
- Conditioning exercises
- Functional training

Goals and Objectives of Treatment

- Decrease patient feelings of vertigo and dizziness
- Improve balance and decrease fall risk
- Improve gaze stability
- Improve overall endurance

Getting Started

Referrals for patients with vestibular disorders will be accepted from any physician. However, a referral for physical therapy should be made after appropriate diagnostic testing has been completed. Please contact your physician if you experience imbalance, dizziness, or falls. You may be at risk for falls if you answer "yes" to one or more of the following:

- Are you dizzy when you turn your head, look up or down, or when you turn over in bed?
- Do you use a cane or walker?
- Have you fallen in the past year?
- Do you have a neurological problem that affects your balance (e.g., stroke, Multiple Sclerosis, Parkinson's Disease)?
- Are you inactive? Answer "yes" if you do not participate in active exercise 20-30 minutes at least three times per week.
- Does your lack of balance limit your ability to complete job and household activities?
- Do you take more than four prescription medications?
- Do you feel unsteady when walking, climbing stairs, reaching, or performing everyday activities?

Contact Rehabilitation Services:

Phone: 608.884.1390

Fax: 608.884.1393

