



CARE *that*
CHANGES LIVES

PHYSICAL THERAPY AND REHABILITATION

Vestibular Therapy

A proactive approach to reducing dizziness

Our certified vestibular therapists provide quality, client focused care to meet your needs.

ROCHESTER
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The most common signs of a vestibular disorder:

- Dizziness
- Unsteadiness
- Nausea
- “Vertigo”

Other symptoms may include:

- Blurry or bouncing vision
- Headaches
- Feeling unwell in busy environments such as in a car, department stores or sporting events

Treatment includes:

- Repositioning techniques to reduce or eliminate “vertigo”
- Visual exercises
- Balance retraining exercises
- Habituation exercises to address dizziness with position changes
- Post concussive care

DISCUSS THIS PROGRAM WITH YOUR PHYSICIAN TO SEE IF THIS THERAPY IS APPROPRIATE FOR YOU.