

The Dizziness, Balance and Vertigo Report

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**Kanata Orthopaedic
Physiotherapy Clinic**



A Few Simple Facts about Dizziness

- Dizziness accounts for 5-10% of all physician visits
- It affects approximately 50% of all adults at some point in their lifetime
- One in 10 working age adults report some degree of handicap due to dizziness
- Of these people, 2% will experience chronic, frequent, substantially debilitating episodes
- Dizziness is the #2 reason for physician visits by people over the age of 65
- Greater than 1 in 5 persons over the age of 60 have current dizziness that has led to significant disability, medical consultation or the use of medication



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Vestibular disorders account for greater than 50% of the causes of dizziness and are treatable with Vestibular Rehabilitation

What is Vestibular Rehabilitation?

Vestibular rehabilitation involves a physiotherapy treatment program that focuses on an appropriate exercise-based approach to retrain balance, eye-head coordination, and to decrease symptoms of dizziness and vertigo. This can be done using specific maneuvers or a customized exercise program for the following indications:

- BPPV (Benign Paroxysmal Positional Vertigo)
- Unilateral vestibular loss (vestibular neuritis or labyrinthitis)
- Bilateral vestibular loss (gentamicin toxicity or age related deterioration)
- Dizziness related to Trauma (post-motor vehicle accident, blows to the head)
- Fluctuating dizziness problems (Meniere's Syndrome, Perilymphatic Fistula)
- Dizziness that is preventing you from being able to get out and enjoy life

Vestibular Rehabilitation can be provided by your Physiotherapist at
Kanata Orthopaedic Physiotherapy Clinic



Vestibular disorders are common and can affect anyone

What Causes Vestibular Disorders?

Vestibular disorders are common and can affect anyone.

They are most often caused by:

- Head Trauma (e.g. from car accidents, falls, impact sports, slipping on ice)
- Ear Infections
- Aging
- Illness or Disease
- Medications
- Stroke and Brain Injury

Treatment Options

Treatment options vary according to the diagnosis. Therefore, an initial assessment should first be conducted. After determining the diagnosis, an individualized treatment program will be given and may include any of the following:

- Repositioning of the crystals in the inner ear (i.e. cause of BPPV)
- Specific vestibular exercises
- Balance retraining exercises
- Supervised therapy sessions to monitor and progress the vestibular, visual and balance systems



Find the balance in your life

For more information or to book an appointment, please contact



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