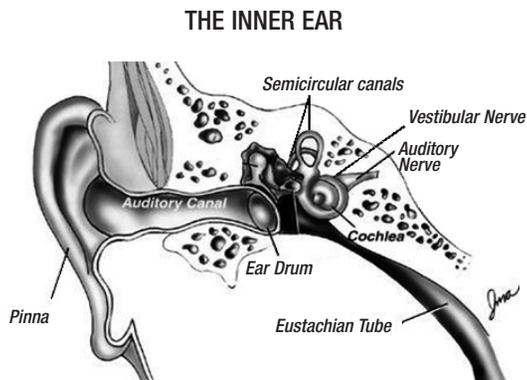


What is a Vestibular Disorder?

Many people complain of dizziness, vertigo, unsteadiness, and balance problems.

There are a number of causes that can contribute to these symptoms, but a large percentage are caused by a problem with part of the inner ear and the brain that helps control balance and eye movements (see diagram). This is known as the **vestibular system**. If disease or injury damages this system, a vestibular disorder can result.



What causes Vestibular Disorders?

Vestibular disorders are common and can affect people of all ages and all walks of life. They are most often caused by:

- ◆ Head trauma (car accidents, falls, impact sports)
- ◆ Ear infections
- ◆ Aging
- ◆ Illness or disease
- ◆ Medications
- ◆ Stroke and/or brain injury

Symptoms of a Vestibular Disorder

Symptoms can range from mild dizziness and unsteadiness, to severe vertigo; and can last from a few seconds to a few minutes, to months, or even years.

Other symptoms include:

- ◆ A spinning sensation
- ◆ Difficulty reading or concentrating
- ◆ Poor balance
- ◆ Disorientation
- ◆ Nausea and vomiting
- ◆ Headaches
- ◆ Sensitivity to bright lights and noises
- ◆ Poor tolerance of crowds

Are there Treatment Options?

Fortunately, vestibular rehabilitation can help. Treatment for vestibular disorders will vary according to the diagnosis. **Vestibular rehabilitation** is a drug-free approach involving specific exercises to improve balance function, decrease dizziness symptoms, and increase general activity levels.

Your program may include one or more of the following:

- ◆ Balance retraining exercises
- ◆ Specific vestibular exercises
- ◆ Supervised therapy sessions to monitor progress and continually challenge the vestibular, visual, and balance systems
- ◆ Repositioning manoeuvre for BPPV (Benign Paroxysmal Positional Vertigo), a condition where crystals are caught in the inner ear

Initial Assessment

You will work directly with a certified physiotherapist who will assess functioning in three major areas:

1. Eye and head movement
2. Balance and walking
3. The musculoskeletal system

To book an appointment

Simply call us at 613-599-8132 to book a convenient time for your initial visit.

Is a referral required?

A referral is not needed to be seen at this clinic. However, it is recommended that you are assessed by your physician prior to commencing a vestibular rehabilitation program.

If you do have a referral from your doctor, it can be brought in for your first appointment. It may also be faxed from your doctor's office to 613-599-6139.

Kanata Orthopaedic Physiotherapy Clinic

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Kanata, ON
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Phone: 613-599-8132
Fax: 613-599-6139

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Website: www.KanataPhysiotherapy.com

VESTIBULAR REHABILITATION

A specialized physiotherapy treatment program

An exercise program that will improve the quality of your life

Vestibular Rehabilitation is an exercise-based approach to relieve the symptoms and discomfort of vestibular disorders.

Dizziness, vertigo, unsteadiness and balance problems can all be treated through a gentle exercise program tailored to meet your specific needs.

Throughout North America, people are getting better and returning to normal lives through Vestibular Rehabilitation.

What can you expect?

Following your assessment with your physiotherapist, you will be given an individualized home exercise program.

You will continue to see your physiotherapist who will monitor your progress and enhance your program.

You can expect to see improvement in your symptoms within 6 to 8 weeks, or sooner, depending on your specific condition.

For specific questions about our rates, you may contact the clinic by calling 613-599-8132 or by e-mail at KOPC@magma.ca



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Physiotherapy Clinic

200-308 Palladium Drive
Kanata, ON
K2V 1A1

How to find us:

- ◆ Take the 417 to the Terry Fox exit
- ◆ Follow Terry Fox South
- ◆ Turn right onto Palladium Drive
- ◆ We are the second building on your right

Contact us:

Phone: 613-599-8132
Fax: 613-599-6139
E-mail: KOPC@magma.ca

www.KanataPhysiotherapy.com

Find the Balance in Your Life



Kanata Orthopaedic
Physiotherapy Clinic

VESTIBULAR REHABILITATION

*Do you,
or does someone you know
experience...*

Dizziness?

Vertigo?

Unsteadiness?

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*Vestibular
Rehabilitation
Can Help*

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