



PHYSICAL THERAPY
of BYRON

VESTIBULAR REHABILITATION PROGRAM

Treatment for dizziness and balance disorders without the drive!

Vestibular Rehabilitation with Balance Retraining Therapy (BRT) is scientifically based and clinically therapeutic in treating persistent dizziness and postural instability resulting from incomplete compensation sequential to a peripheral vestibular or central nervous system injury. — American Academy of Otolaryngology Head & Neck Surgery [AAO-HNS] Position Statement, June 1997.

Orthopedic Rehab Specialists' Vestibular Rehabilitation Program is designed to improve function by decreasing dizziness, improving balance and promoting safer mobility.

The Initial Evaluation. The proper evaluation guides successful treatment.



THE EVALUATION CONSISTS OF:

- An intake interview to gather pertinent medical and social history.
- A thorough assessment designed to identify the impairments that are contributing to symptoms, loss of balance and limited function.
- Establishing goals that are individualized and attainable.
- Establishing appropriate treatment interventions and a home program.

Evidence-based clinical data guides the clinician in selecting appropriate, proven intervention based on impairments and functional limitations rather than diagnosis alone.

— Black FO et al. Outcome analysis of individualized vestibular rehabilitation protocols. American J Otolaryngology 21: 543-51, 2000.

Individualized Treatment

Better outcomes are obtained through customized treatment intervention.— Calder JH, Jacobson GP. Acquired bilateral peripheral vestibular system impairment; rehabilitation options and potential outcomes. J. American Academy Audiology 11: 514-521, 2000.

Treatment is provided by a physical therapist and will be customized to each individual's needs.



TREATMENTS PROVIDED:

- Stretching and strengthening exercises.
- Habituation activities.
- Balance retraining and strategy education.
- Settling techniques to lessen symptoms.
- Canalithic repositioning maneuvers.

Information:

Please consult your physician about any of these conditions. A referral from your doctor for physical therapy is needed for most insurance programs. If you have any questions regarding these services please call: 815.234.5553.

WWW.ORSPT.COM
815.234.5553

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SERVICES ALSO AVAILABLE AT: 815.227.1700 | 2662 MCFARLAND RD. | ROCKFORD, IL 61107