

Vestibular Rehabilitation – Carolinas Rehabilitation

Definition

Vestibular rehabilitation is an exercise approach to aid the remediation of disequilibrium and dizziness associated with peripheral vestibular deficits. Vestibular rehabilitation is an alternative approach to treatment involving specific exercise designed to:

- Decrease dizziness
- Improve visual motor control
- Increase balance
- Increase general level of activity
- Promote CNS compensation for vestibular deficits

Treatment options

We approach our patients with several treatment options depending on the findings and the patient. We can employ self-directed exercises, formalized vestibular rehabilitation for more acute patients who need more supervision, balance retraining/fall prevention and education.

Types of Patients

Typical patients who may be served by a vestibular rehabilitation referral may include, but not be limited to: BPPV, cerebellar dysfunction, Vestibular neuritis, Multiple Sclerosis (MS), Labyrinthitis, CVA/TIA, bilateral vestibular loss, post concussive syndrome, Post TBI, and Meniere's disease.

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