

PerformaX

Physical Therapy, P.C.
Sports Medicine
Orthopedic & Vestibular Rehabilitation

Vestibular Rehabilitation

Performax offers Vestibular Rehabilitation by licensed Physical Therapists at all our clinics

Common Indications for Therapy

- Specific interventions for BPPV (Benign Paroxysmal Positional Vertigo)
 - The Epley maneuver and the Semont maneuver
 - The Brandt-Daroff exercises
 - Log roll exercises (for lateral canal BPPV)
- General interventions for vestibular loss
 - Unilateral loss, such as for vestibular neuritis or acoustic neuroma
 - Bilateral loss, such as for gentamicin toxicity and related conditions
- Persons with fluctuating vestibular problems, not necessarily dizzy at the time of the therapy.
 - Meniere's syndrome
 - Perilymphatic fistula
- Empirical treatment for situations where the diagnosis is unclear.
 - Post-traumatic vertigo
 - Multifactorial disequilibrium of the elderly
- Psychogenic vertigo for desensitization
 - Brandt-Daroff exercises for phobic postural vertigo
 - Other situations where there is irrational fear of situations in which balance is challenged

Treatments that may be offered in Vestibular Rehabilitation

- Gaze Stabilization Exercises
- Visual Dependence Exercises
- Somatosensory Dependence Exercises
- Otolithic Recalibration Exercises
- Occular Tracking Exercises
- Cawthorne-Cooksey exercises
- Semont maneuver
- Epley maneuver

Performax Flat Rock

29100 Gateway Blvd, Suite 400
Phone: (734) 379-7900

Performax Livonia

19809 Farmington Road
Phone: (248) 888-0077

Performax Monroe

1048 N. Monroe Street
Phone: (734) 241-1400

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FAST FACTS About

Balance, Vertigo, Vestibular, and Inner-Ear Disorders

- Vertigo will affect 76,000,000 Americans sometime during their lifetime.
- Over 5,000,000 people yearly consult their doctors with complaints of dizziness
- Dizziness / Vertigo is the number one reported malady for individuals over 70.
- Balance related falls account for more than one-half of the accidental deaths in the elderly
- Balance related falls cause over 250,000 hip fractures a year in individuals over 65 years of age.
- Some forms of inner ear disorders have symptoms which are indistinguishable to most people, making it easily and frequently confused with other medical issues.
- Because imbalance and vertigo can sometimes affect a person's ability to stand and/or walk, see clearly, read, watch television, make decisions, and think clearly – the diagnosis is sometimes confused with multiple sclerosis, clinical depression, and other diseases and diagnosis's
- Children with treatable vestibular disorders are sometimes incorrectly diagnosed as learning disabled, dyslexic, or psychologically disturbed
- Blows to the head and whiplash are frequent causes of balance dizziness
- Ear infections, such as otitis media, can lead to vestibular disorders.

The good news . . . diagnosis and treatment have been changing dramatically in recent years and now there is much hope for many who once thought there might be no relief. As with any health or medical concern, always discuss your symptoms and possible treatment plan with your physician.

Performax Physical Therapy offers effective relief through

EVALUATION * TREATMENT * EDUCATION * REHABILITATION PROGRAMS

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Symptoms of Inner-Ear Disorders

Any symptoms experienced by people affected by Vertigo, dizziness and balance disorders can sometimes be obscure and frightening. This symptom list is incomplete and does not apply to everyone with an inner-ear disorder. It may aid many who have been unable to make sense out of their seemingly abnormal sensations and symptoms. Getting a diagnosis, adhering to your treatment, and learning as much as possible about your problem will assist you in your recovery.

VISION

- Objects “jump” (silverware seems to “jump off table”)
- Reading is difficult (print “moves”, vision blurs or doubles, words or letters “switch”)
- Writing may be difficult
- Lights “glow” or “emit rays”, glare is intensified
- Tendency to look down, discomfort increases when you focus at a distance
- Night blindness increases and poor depth perception
- Moving or flickering lights may be disturbing

HEARING

- Can fluctuate, be lost completely, or be unaffected
- Distortions such as popping, clicking, or buzzing
- Loud environments may be uncomfortable or sickening
- The ears may “feel full”

NAUSEA

- Continual or intermittent nausea (or only in the morning or as fatigue increases)
- A “Hangover” feeling or seasick sensation
- Motion sickness

EMOTIONS

- Loss of self-reliance, self-confidence, self-esteem
- Distraction and/or Depression

MEMORY

- Poor memory
- You may forget what you are talking about, struggle for correct words
- Confusion, disorientation, inability to comprehend direction, instructions

COORDINATION

- Clumsiness, frequently dropping things
- Sensation of heavy weights on the head
- The center of balance is off
- Muscle and joint pain
- Balance may be normal through compensation with vision or touch
- Rocking sensation (as if you are in a rowboat)
- Difficulty walking straight
- Slurred speech

OTHER

- Headaches
- Discomfort worsened by high altitude
- Fatigue, everyday tasks are exhausting
- Violent whirling sensations, nausea, vomiting

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