

What is vestibular rehabilitation?

Vestibular rehabilitation is a hands-on and exercise based physical therapy approach to reduce problems that are caused by vestibular or inner ear problems causing vertigo, dizziness, imbalance, and visual disturbance. The goal of vestibular rehabilitation is to improve activities of daily living, decrease risk for falls and improve quality of life.

What can be treated by a vestibular therapist at Lawrence General Hospital?

- BPPV
- Dizziness
- Vertigo
- Balance dysfunction
- Unilateral or bilateral vestibular loss
- Blurred vision with head movements

What will vestibular rehabilitation involve at Lawrence General?

Physical therapy will begin with a 45 minute comprehensive evaluation by vestibular trained physical therapist which includes an assessment of balance, eye movements, walking ability, and neck motion. Treatments are 30-45 minutes, 1-on-1 sessions with a vestibular rehab physical therapist and may include the following interventions:

- Maneuvers for treatment of BPPV
- Balance training
- Gaze stability or eye coordination exercises
- Stimulating symptoms to decrease sensitivity of vestibular symptoms
- Posture training
- Flexibility
- Strengthening
- Endurance training
- Treatment is usually recommended 2x/week for 4-6 weeks

For more information or to schedule an appointment, please contact us at:

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