

Feeling Dizzy?



The Vestibular System

A common cause of dizziness and balance problems is from the vestibular system. The vestibular system is the balance system in the inner ear. Balance is maintained through a combination of body systems including the vestibular system in the inner ear, vision and receptors in our joints.

Signs & Symptoms

- Dizziness with change in position – rolling over in bed, laying down to sitting up, sitting to standing up, etc.
- Nausea
- Unsteadiness with activity
- Visual disturbances
- Motion sensitivity
- Concussion

Treatment

A physical therapist will complete an initial evaluation to determine if physical therapy is appropriate. An individualized program will then be developed that may include:



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- Balance training – exercises to improve your balance
- Eye reflex training – specific eye and body exercises
- Motion tolerance exercises
- Epley Maneuver – a repositioning maneuver allows the dislodged particles in the inner ear to return to correct position which is 85-95% effective
- Strength, flexibility and endurance training

Locations

Rehabilitation & Sports Medicine Clinics

Stoughton (608) 873-2292

Oregon (608) 835-5373

Direct Access

An order from a doctor is no longer required for our occupational and physical therapists to provide treatment. Clients can self-refer and directly contact either of our two outpatient rehab clinics for an appointment. Our staff will call each individual insurance plan to determine coverage. At this time, Medicare and Medicaid still require a referral.

Accepted Insurance Plans

Stoughton Health accepts over 160 area insurance plans. Please call us at (608) 873-6611 or check your individual plan regarding coverage of service.



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