

What will the physical therapist do?

A licensed physical therapist with specialized training will perform an evaluation to determine if physical therapy is appropriate for your type of dizziness/loss of balance.

Then, an individualized treatment plan will be developed if physical therapy is appropriate for your condition. Treatment could include a head movement sequence, exercises or other techniques to “retrain” the brain, balance training exercises, or gait training.

How can I get more information or make an appointment for an evaluation?

Please contact the Therapy Services Department at (509) 397-5733

Whitman Hospital & Medical Clinics

Therapy Services Department
1200 West Fairview St.
Colfax, WA 99111-9579

Phone (509) 397-5733
Fax (509) 397-2964
www.whmc.org



**PHYSICAL THERAPY
FOR**

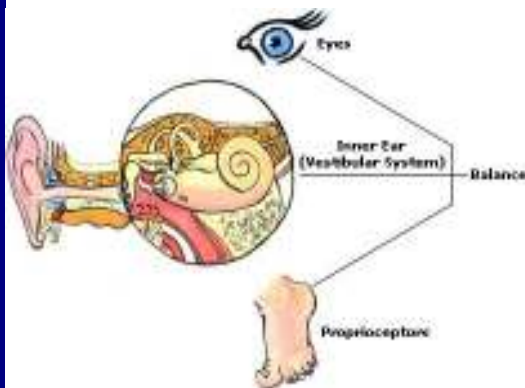
**DIZZINESS
AND
IMBALANCE**

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When should I see a physical therapist regarding dizziness or loss of balance?

If dizziness or imbalance is interfering with daily activities, you should be evaluated by a physical therapist, especially if you are at risk of falling or have fallen.

You should see a physical therapist after you have been evaluated by your physician. A physical therapy order from your doctor is preferred and required by some insurance plans.



Vestibular (inner ear) conditions causing dizziness and/or loss of balance:

Benign Paroxysmal Positional Vertigo (BPPV): *Inner ear particles are dislodged and in the wrong area within the inner ear. Physical therapy is your best option. In most cases, this condition resolves within several days of starting physical therapy treatment.*

Vestibular Hypofunction or Loss: *Partial or complete loss of nerve function for the inner ear on one or both sides. Physical therapy is usually helpful over several months.*

Meniere's Disease: *Cause is unknown. Treatment primarily involves medication and diet changes. Physical therapy could be helpful in some cases.*

NON-vestibular conditions causing dizziness and/or loss of balance:

Normal Aging: *Reduced balance due to an age-related decline in multiple systems. Physical therapy can help.*

Neck dysfunction: *Physical therapy could help.*

Central Nervous System Trauma or Disease: *Physical therapy may be an option, depending on the condition.*

Neuropathy (numbness in feet): *Physical therapy can help with improving balance.*

Abnormal Blood Pressure: *Treated by your physician.*

Carotid Artery Blockage: *Treated with surgery.*