



# Balance & Vestibular Program

Dizziness and loss of balance are among the most common problems bringing patients to their doctor's office. In fact, 40 percent of adults experience dizziness or imbalance at some point in their life. Left untreated, the results can be debilitating. As people get older, the onset of dizziness and falls from balance problems increases. These falls can lead to injury, hospitalization, surgery and even permanent disability.

Dizziness and imbalance should not be accepted as inevitable effects of the aging process. Approximately half of all cases of dizziness – also referred to as vertigo, spinning or an off-balance sensation – are caused by a vestibular (inner ear) disturbance. Imbalance often accompanies dizziness and may be related to a vestibular disorder. While some causes of dizziness and imbalance lie within the inner ear, other possible diagnoses include a wide range of medical, neurological and cardiovascular disorders.

## *Experienced Staff*

Initiated more than 10 years ago, Aurora's Balance & Vestibular Program is recognized as a regional leader in the rehabilitation of balance and vestibular disorders. Our staff of physical therapists and audiologists have extensive training and experience in this specialty. The interdisciplinary team approach to rehabilitation involves close communication between the physical therapist and audiologist, as well as with the patient's primary care doctor, ear, nose and throat physician and other specialists as needed.

## *Individualized Treatment*

All patient treatment plans are highly individualized depending on the medical history, general health, symptoms and test results, as well as input from patients, their physician(s) and family members to address specific needs. Emphasis is placed on the prevention of symptoms and on decreasing the risk of falls, fractures and other injuries.

The physical therapy evaluation and rehabilitation plan may include:

- A comprehensive medical history assessment and physical examination
- Balance training
- Vestibular therapy
- Therapeutic exercise
- Fall prevention
- Home safety
- Patient and family education

*continued*





### *Individualized Treatment (continued)*

Diagnostic testing performed by a certified audiologist may include:

- A comprehensive hearing assessment
- Electronystagmography (ENG testing)

### *Convenient Location*

With multiple sites conveniently located throughout southeastern Wisconsin, please visit our website at [www.Aurora.org/Rehab](http://www.Aurora.org/Rehab) or call toll free 1-888-863-5502 for services nearest you. Referral sites available throughout the Aurora Health Care System.