



Vestibular Rehabilitation

INNER EAR AND CENTRAL NERVOUS SYSTEM DISORDERS

What is a Vestibular Disorder?

When the organs in your inner ear are not working properly, you may find it difficult to balance and move. Inner ear or central nervous system disorders can cause dizziness, vertigo, imbalance and spatial disorientation. These symptoms can greatly affect your day-to-day life and increase your risk for falls. Those who suffer from vestibular disorders can learn how to improve their balance and reduce their symptoms.

How Can Rehabilitation Help?

Vestibular rehabilitation is a form of physical therapy that treats the symptoms associated with inner ear or central nervous system disorders. Physical therapists use exercises and other treatments to help your body compensate for the loss of inner ear function.

Patients with inner ear disorders may experience the following symptoms:

- Dizziness
- Balance disorders
- Visual disturbances
- Vertigo or sense of spinning

Other symptoms may include:

- Decreased strength
- Loss of range of motion
- Increased tension
(particularly in the neck and shoulder regions)
- Muscular fatigue
- Headaches

Personalized Care

Taking part in our rehabilitation program can greatly improve your quality of life. Our physical therapists specialize in vestibular rehabilitation and use specialized equipment to evaluate and treat patients. They will work with you one-on-one to reduce your symptoms and create a customized, at-home exercise program to support your progress.

Hudson Hospital Rehabilitation Center

We offer a range of inpatient and outpatient rehabilitation services. These include: physical therapy, cardiac rehabilitation therapy, pulmonary rehabilitation therapy, occupational therapy, speech/language pathology and vestibular rehabilitation. For more information call **715-531-6400** or visit **hudsonhospital.org**.

Insurance Coverage Information

If you are interested in our services, please see your physician for a referral. If you have questions about your insurance coverage, please call the phone number on the back of your health plan card.

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