

VESTIBULAR REHAB

Pick PT Physical Therapy
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Our organization is committed to optimal vestibular rehabilitation and has invested in **Insight Infrared Video Goggles** from **Vestibular First** for use as a standard part of our vestibular exam.

Our specialty trained clinicians have experience treating patients with:

- Benign Paroxysmal Positional Vertigo (BPPV)
- Vestibular Neuritis or Labyrinthitis
- Vestibular Migraine
- Concussion
- Meniere's Disease
- Acoustic Neuroma (pre and post-surgery)
- Central Conditions (Vestibular Stroke, MS, etc.)
- General Imbalance and Multifactorial Dizziness

Evidence-Based Practice Clinicians who use infrared video goggles have been shown to visualize 100% of abnormal eye movements that provide critical information toward accurate diagnosis and treatment of vestibular patients, as compared to 33% of abnormal eye movements visualized with traditional thickened lens Frenzel glasses. (Baba et al., 2004).

When you send your patients to us for vestibular rehabilitation, you can be sure that they will receive evidence-based care every step of the way!

Visit www.pickpt.com/vestibular-balance-rehabilitation/ to learn more about Vestibular Rehab.



Pick PT
PHYSICAL THERAPY

Benign Paroxysmal Positional Vertigo (BPPV)

Benign paroxysmal positional vertigo (BPPV) occurs when pieces of calcium carbonate crystals break off from a part of the inner ear (the utricle) and move to another part of the inner ear. When a patient moves their head a certain way, the crystals move inside the canal and stimulate the nerve endings, causing them to become dizzy. The crystals may become loose due to trauma to the head, infection, conditions such as Meniere disease, or aging, but in some cases there is no obvious cause.

HOW CAN PICK PT HELP?

After a confirmed diagnosis following a series of tests, most people recover from BPPV with a simple but very specific head and neck maneuver performed by our physical therapist. The maneuver is designed to move ear crystals from the semicircular canal back into the appropriate area of the inner ear (the utricle). Patients with BPPV are typically treated in 2-4 treatments and will have an HEP program implemented into their plan of care if needed.

Our therapists are members of the Vestibular Disorders Association (VeDA), who are health professionals that are specially trained to assess and treat vestibular disorders.

Concussion

HOW CAN PICK PT HELP?

Because no two concussions are the same, a physical therapist will perform an examination to assess the patient's individual symptoms and limitations, and then design an individualized treatment program.

- **Help Stop Dizziness and Improve Your Balance**

If the patient has dizziness or difficulty with balance following a concussion, vestibular physical therapy may help. Our qualified vestibular physical therapist can provide specific exercises and training to reduce or stop dizziness and improve balance and stability. Our team will work with the referring provider to determine whether or not the patient is ready to return safely to their sport or activity.

- **Reduce Headaches**

Our examinations will include checking the patient for neck problems. Neck injuries can cause headaches and contribute to some forms of dizziness. Our therapist also specialize in the spine and can assess the patients neck and back for possible injuries.



Every year,
millions
of people in the United States develop vertigo, a spinning sensation in your head that can be very disturbing.



The Centers for Disease Control (CDC) estimate that in sports alone, more than

3.8 million
concussions occur each year