



Vestibular Rehabilitation

Do you get dizzy?

Often lose your balance?

Vestibular rehabilitation is a proven and effective intervention to:

- Decrease Dizziness
- Ease or eliminate Vertigo
- Ease unsteadiness resulting from inner ear conditions
- Improve balance and reduce the risk of falls

Research suggests Vestibular (inner ear) dysfunction contributes to **59%** of falls.



Book an assessment today



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Dizziness and balance problems

If you suffer from vertigo, dizziness or find that you are having balance problems, you may have a Vestibular (inner ear) disorder. We have Physiotherapists who have completed specialised training in vestibular rehabilitation and can design a personalised program for your condition or needs.



What is vestibular rehabilitation?

Vestibular rehabilitation therapy (VRT) is a specialised form of therapy intended to alleviate both the primary and secondary problems caused by vestibular disorders. It is an exercise-based program primarily designed to reduce vertigo and dizziness, gaze instability, and imbalance which causes falls.

What conditions do you treat?

- BPPV treatment and management
- Vestibular neuritis / Labyrinthitis rehabilitation
- Meniere's Disease
- Post ENT surgery management
- Vestibular Migraine
- Concussion rehabilitation
- Chronic Dizziness (Vestibular Migraine & PPPD)
- Recurring falls management

No referral required

You do not need a referral from your GP or other specialist to arrange an appointment. You may be eligible for an Enhanced Primary Care (EPC) package referral from your GP through Medicare which will give you a rebate off your appointments.

What is included?

- Full 1-hour initial assessment 1 on 1 with a Physiotherapist
- **Diagnosis** and management of dizziness/vertigo
- Specialised equipment (infrared camera)
- Individualised programs
- Small group sizes
- Falls prevention strategies and education
- Evidence based approach

To book an appointment with our specialists or to find out more, visit www.FunctionalHealth.com.au