



The Ear, Nose, Throat  
&  
Plastic Surgery Associates

## **Instructions for First Vestibular therapy appointment**

**Arrive early:** Please arrive 45 minutes prior to your appointment time to complete paperwork and allow time to have a complete assessment.

**Driving:** Please have someone drive you if you are very dizzy or unsteady. Some treatments can make you feel more unsteady at the end of the session.

**Meal:** Have a light meal prior evaluation/treatments. Some treatments can make you nauseous.

**Dress comfortably:** Wear loose-fitting clothing. Bring or wear tennis shoes to be comfortable with evaluation and to do exercises in the gym on initial or follow up visits.

Your first appointment consists of a comprehensive physical evaluation. This appointment will last up to 60 minutes. Follow up visits (typically 30 – 60 minutes each) are based upon evaluation, plan of care and conditions.

During your first visit you will undergo a specialized evaluation that includes:

- Musculoskeletal assessment: the therapist will assess your strength, range of motion, sensation and coordination
- Balance and Gait/Walking assessment
- Vertigo assessment

Our staff enjoys the use of state-of-the-art equipment to help evaluate you and identify a treatment program that meets your individual needs.

Components of evaluation include:

- Oculomotor testing and Dynamic Visual Acuity – to assess the vestibulo ocular reflex.
- Positional and movement testing: Dix-Hallpike – test for benign paroxysmal positional vertigo (BPPV)
- Balance assessment: Computerized Dynamic Posturography (CDP) – is a machine in which the force plate/platform and dome/surround will move to assess how you use your vision, somatosensory and vestibular system to balance yourself.
- Gait evaluation: Functional Gait Assessment (FGA) – used to assess postural stability during different walking tasks.

Vestibular rehabilitation utilizes exercises to address dizziness and balance impairments. Your treatment program may include:

- Habituation exercises
- Gaze stability or adaptation training
- Balance retraining
- Exercise program that addresses issues like lower extremity weakness, decreased range of motion
- Canal repositioning maneuver for positional vertigo or BPPV
- Home exercise program
- Manual therapy/soft tissue mobilization
- Patient and caregiver education