Services

Vestibular Therapy

Vestibular Therapy at Aldergrove Physiotherapy

Do you have vertigo? Are you feeling dizzy? Do you hesitate to bend over because it might throw you off balance? Or have you been diagnosed with a balance disorder? If so, vestibular therapy at Aldergrove Physiotherapy might be life-changing for you!

Many issues based in the inner ear cause vestibular problems that impact your body's ability to stay balanced. You may find yourself staying closer and closer to home, fearing an attack could strike at any time. Many people find symptoms are brought on when they engage in exercise, so they stop being so active. Which, of course, creates even more problems!

What is Vestibular Therapy at Aldergrove Physiotherapy?

Vestibular Rehabilitation Therapy (VRT) uses a scientifically designed exercise program to retrain your central nervous system for inner ear deficits. Your physiotherapist works with you to retrain your brain so you can better coordinate information from your inner ear balance organs, your eyes, and your proprioceptive system.

Vestibular Rehabilitation Therapy (VRT) helps conditions like:

- Benign Paroxysmal Positional Vertigo (BPPV)
- Meniere's diseases
- Labyrinthitis
- Vestibular neuritis
- Reduced inner ear function

Like other physiotherapy recovery plans at Aldergrove Physiotherapy, the entire process begins with a thorough assessment of your condition. Your physiotherapist completes a comprehensive exam and then develops a customized treatment program designed specifically for your unique issues and your lifestyle. Your Vestibular Rehabilitation Therapy treatment plan will target both primary and secondary problems related to any vestibular disorders. So, you will be able to trust your balance enough to take back your life!

Contact Us at Aldergrove Physiotherapy

Don't suffer any longer! Contact us at Aldergrove Physiotherapy to help you take back your life from your vestibular issues. Our physiotherapist will complete a thorough assessment and let you know if Vestibular Therapy will help as part of your treatment plan. Call now! We're here to help.

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Sending...

Your message was successfully sent. Thank you for your time.
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First name*
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*phone must be 10 digits
Service
We will call you soon to discuss availability.