

BALANCE CENTER:

Cutting edge technology and the most advanced methods of diagnostics and rehabilitation. Below are some of the dizzy and balance disorders we frequently treat.

SPECIALTIES:

Fall Prevention: Risk factor assessment, adaptive equipment, home modifications and rehabilitation

Vestibular Ocular Reflex Assessment: Gaze Stabilization exercises

Labrynthitis/ Neuritis/Positional Vertigo: Adaptation exercises and repositioning maneuvers

Meniere's Disease: Patient education for prevention and exercise programs

CVA, MS & Parkinson's: Appropriate strength, flexibility, balance and coordination rehabilitation

Head Injury Assessment: Return employees to work and athletes to play

RESOURCES:

[The Vestibular Disorders Association \(VEDA\)](#)

[VEDA Free Online Publications](#)

[American Physical Therapy Association \(APTA\) Neurology Patient Education Fact Sheets](#)

PHOTO GALLERY:



Gaze Stability assessment and treatment: ♦one of the functions of the inner ear is to help keep vision in focus during rapid head movement. Disruption of this function with inner ear disorders can contribute to dizziness and balance problems. Part of a standard balance evaluation is to see how well vision is maintained during head motion. ♦Exercises can be done to help retrain this function when problems are identified.



Positional Testing/Canalith Repositioning Treatment: ♦ Benign Paroxysmal Positional Vertigo (BPPV) is one of the most common causes of dizziness and balance disruption. ♦ Positional testing, with the aid of Infrared Video Goggles, allows accurate assessment for the presence of BPPV, and also assists in treatment of the condition with Canalith Repositioning Maneuvers. ♦ Canalith Repositioning treatments involve putting the head and body through a specific sequence of motions designed to move displaced particles in the inner ear back to their normal location, often resulting in immediate improvement in symptoms.



Balance retraining: ♦ Balance retraining refers to the performance of specialized exercises designed to improve 1) a person's ability to use information from various sensory systems (vision, inner ear, surface sensation) to maintain stable upright posture and 2) improve motor responses to disruptions in balance. Balance exercises are done using various support surfaces, head motions, and visual inputs to maximize responsiveness of all sensory and motor contributions to balance. Individualized home versions of the exercises are given to ensure that the necessary repetition of practice is possible to allow improvements to occur.