Improvements for All Types of Vestibular Disorders

The Vestibular Disorders Association reports that more than 12 million Americans suffer from a dizziness or balance problem that significantly interferes with their lives and that 40% of the population over the age of 40 will experience a dizziness disorder in their lifetime. Patients typically bring these complaints to their family practitioners or to the emergency department. If not successfully treated, the occasional disequilibrium can lead to fall injuries, auto accidents, work accidents, and fear of performing normal activities of daily living.

When designing a treatment plan for patients with any type of vestibular disorder (peripheral or central), you can include certified vestibular rehabilitation at Enfield Health & Wellness Center.

Previously, you received information on how Enfield Health & Wellness Center uses repositioning maneuvers to successfully treat BPPV in just TWO VISITS. Using scientifically supported Vestibular Rehabilitation techniques\(^1\)\(^-\)\(^10\), we can also provide relief and improved function for most patients suffering from other types of vestibular disorders. Vestibular Rehabilitation divides into two broad categories: adaptation and substitution. Adaptation seeks to extinguish symptoms through repetitive, provoking activities. Substitution techniques help train the body to disregard erroneous input from a damaged vestibular system while emphasizing vision and somatosensory input. Practitioners will find Enfield Health & Wellness Center particularly adept at providing adaptive strategies that enhance your patient’s ability to rely on vision and somatosensory input. While the outcomes tend to vary based on each patient’s unique situation, we often reach therapy goals in two to fifteen visits.

Common Components of Vestibular Rehab at Enfield Health & Wellness Center:
- Balance retraining to retrain the vestibulospinal reflex
- Gaze stabilization exercises to retrain vestibulo-ocular reflexes
- Habitation
- Posture correction exercises to improve capacity for balance
- Upper & lower extremity strengthening & conditioning to improve capacity for recovery after a loss of balance—especially in geriatric patients
- Behavioral / environmental modifications to minimize the likelihood of injury related to disequilibrium.

Now Certified in Vestibular Rehabilitation

Pictured Left: Melissa A. Doten, MPT, LMT, Director of Physical Therapy

We are proud to announce that Melissa Doten, MPT, LMT, Director of Physical Therapy, is now certified in vestibular rehabilitation through the American Physical Therapy Association and Emory University School of Medicine. This advanced certification verifies expertise in assessment and treatment of vertigo, dizziness, spinning sensation, and other balance complaints.

Please refer your patients to Enfield Health & Wellness Center
Doctor Recommended, Patient Preferred
Peripheral Vestibular Disorders


Central Vestibular Disorders