

WHAT TO EXPECT?

A physical therapist will perform an evaluation and create an individualized treatment program based on each patient's outcomes. Your treatment may include:

- Canalith Repositioning maneuvers
- Eye exercises for gaze stabilization
- Sensory integration training
- Dynamic balance exercises
- Postural re-education exercises
- Strength and stretching exercises
- Walking program
- Fall prevention program
- Habituation exercises



**Gillette
& Associates
PHYSICAL THERAPY**

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OUR MISSION:

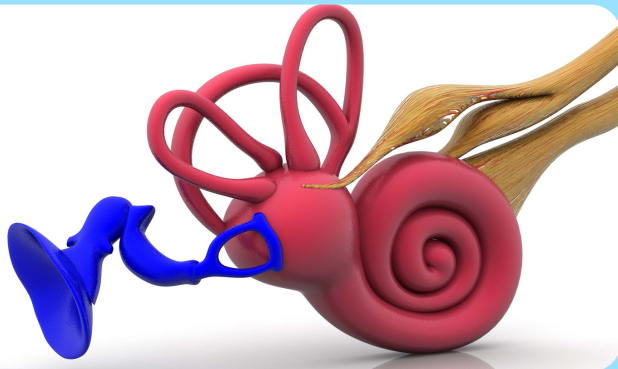
Gillette and Associates Physical Therapy is committed to providing comprehensive physical therapy treatment and athletic training services to our local community. Gillette and Associates Physical Therapy primary objective is to develop and maintain partnerships with patients, schools, sports clubs and local employers, helping achieve everyone's full potential for leading a healthily and productive lifestyle. Our goal is to treat each patient as if they are family, restoring function to the highest possible level, be it getting back to work, sports or simply improving the quality of life's activity.



**GILLETTE &
ASSOCIATES
PHYSICAL
THERAPY**

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***BALANCE
& VESTIBULAR
REHABILITATION***



WHO BENEFITS FROM BALANCE & VESTIBULAR REHABILITATION?

- Benign paroxysmal positional vertigo (BPPV)
- Vestibular neuritis/labyrinthitis
- Meniere's disease
- Migraine-related dizziness
- Feeling "off balance" /Frequent falls
- Neuropathy, unsteady walking
- Other neurological disorder such as: FMD, stroke, TBI, Parkinson's Disease, Parkinsonism etc.



WHAT IS BALANCE?

Balance is your body's ability to integrate a variety of signals from your environment to stay upright and oriented. It is a combination of information that your body senses through various systems in our body including your:

- Visual system: Eyes
- Somatosensory system: Skin, muscles, and joints
- Vestibular system: inner ear

When your vestibular or somatosensory systems are disrupted, whether due to injury, illness, or general aging, your balance may be compromised. Balance symptoms don't just include unsteadiness or falling, they can also include dizziness, vertigo, muscle weakness, nausea, and vision problems, among other things. If you have any of these symptoms please speak to your physician, you may need balance or vestibular rehabilitation.

HOW TO PREPARE FOR YOUR FIRST VISIT

Your first visit with your physical therapist will consist of a subjective and objective portion to better understand how your symptoms present.

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The subjective portion of the evaluation will start with a history of your symptoms including when they first started, what provokes/eases them, and how they have affected your everyday life.

The objective portion of the evaluation will then consist of a series of tests that will assess your strength, balance, and determine your falls risk. If your symptoms are related to dizziness/vertigo, some of the testing may bring them on.

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Once your subjective and objective evaluation is complete, your physical therapist will discuss the results and create an individualized treatment plan to help improve your balance.