



Straight Up

Dizziness/Balance Retraining Program

AGADA Physical Therapy offers specialty services which address the needs of the patient with vestibular, CNS and balance dysfunction. The Following diagnostic categories may benefit from balance retraining.

Central Nervous System Disorders

- Cerebral vascular accidents
- Closed head injuries
- Multiple Sclerosis
- Cerebellar degeneration

Vestibular Disorders

- Uncompensated vestibular hypofunction
- Benign paroxysmal positioning vertigo
- Meniere's disease
- Vestibular ototoxicity
- Acoustic neuroma

Musculoskeletal Disorders

- Cervical vertigo
- Chronic pain
- Falls in the elderly
- Movement disorder

Evaluation: Comprehensive physical evaluations are performed on each patient with recommendations for additional testing or consultation if needed. (ENG, CT, MRI, x- ray neurology, ENT, neuro ophthalmologist)

Assessment will include:

- Muscle strength and endurance
- Range of motion, postural alignment
- proprioception and sensation
- Motor coordination and sensory integration
- Functional mobility
- Positional tolerance
- Visual fixation and coordination to movement

Retraining may include:

- Strengthening and endurance training
- Ambulation training
- Integration of visual somatosensory and vestibular cues in balance
- Performance of effective balance strategies
- Vestibular habituation
- Vestibular-ocular coordination

Patient education is emphasized regarding differential diagnosis and functional deficits and the multisensory approach to balance as well as the importance of patient participation in an active home program.

We invite you to call AGADA Physical Therapy at 952.303.4550 for further information.