

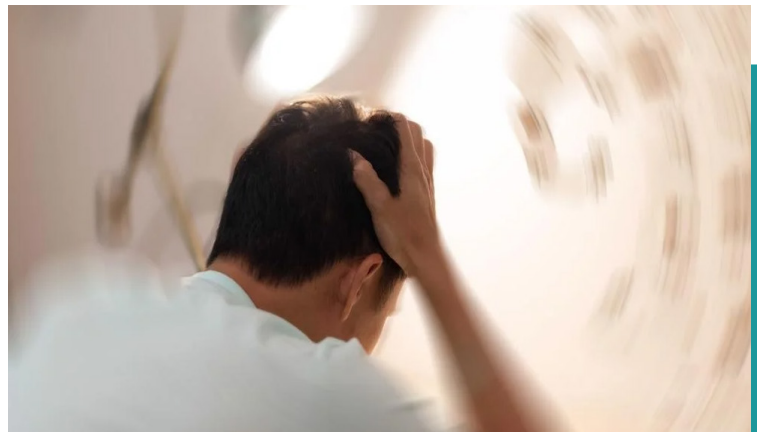
## Vestibular Rehabilitation

This set of exercises and therapies helps to correct issues related to balance and posture.

### How does Vestibular Rehab work?

Vestibular rehab is a form of therapeutic exercise and activities designed to help alleviate and eradicate feelings of dizziness, vertigo, balance loss, and constant motion sensations. The three big pillars of balance are: the vestibular system, the visual system, and proprioception. We have our patients perform exercises in a variety of positions such as lying down, kneeling, seated, and standing for optimal results.

Vestibular rehab therapies deliberately and temporarily trigger certain symptoms, such as dizziness or nausea, which lead to significant decreases of the symptoms afterward. Our expert team guides patients through this process for significant improvements.



Vestibular rehab requires constant work, like most of our interventions, as well as a nutritious diet full of proteins, healthy fats, and fruits and veggies.



### Clinically Proven Benefits

- Enhances central integration of sensory inputs and motor outputs related to balance and posture
- Reduces symptoms of vestibular dysfunction such as dizziness, nausea, vertigo, and balance loss
- Restores stability and balance when sitting upright, standing, or walking
- Improves spatial awareness and proprioception



### Symptoms Addressed

- Dizziness
- Nausea
- Balance loss
- Confusion
- Mental clarity
- Irritation
- MDSS
- Vertigo
- BPPV
- Learning delays
- Processing disorders