SWEDISH

OUTPATIENT REHABILITATION SERVICES

Vestibular Rehabilitation

An unsteady gait in an elderly person can lead to falls and a one-way ticket to the nursing home. For the younger patient, the unsteadiness can mean an inability to drive, care for children, or in some cases, the inability to go to work or perform on the job. These individuals can tell you how frightening and life-changing this may become. Swedish Outpatient Rehabilitation physical therapists have a long history treating these vestibular disorders. Our vestibular therapists have advanced training in vestibular rehabilitation. We have coverage at six locations with over 12 therapists available for appointments.

Diagnosis

Persons experiencing dizziness often describe their symptoms as “rocking,” “swimming,” “swaying,” “spinning,” “nauseating” or “exhausting.” Proper diagnosis is essential in order for treatment to be effective.

Just as there are many terms used to describe the sensations experienced, there are many diagnoses for vestibular disorders, including:

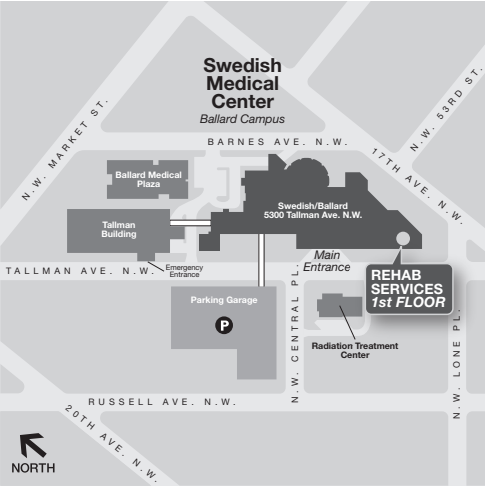
- BPPV (Benign Paroxysmal Positional Vertigo)
- Unilateral Vestibular Hypofunction
- Bilateral Vestibular Loss
- Motion Sensitivity
- Central Vestibular
- Anxiety/Psychosocial

Treatment

Our physical therapists are able to treat many disorders that cause dizziness. Treatment options include:

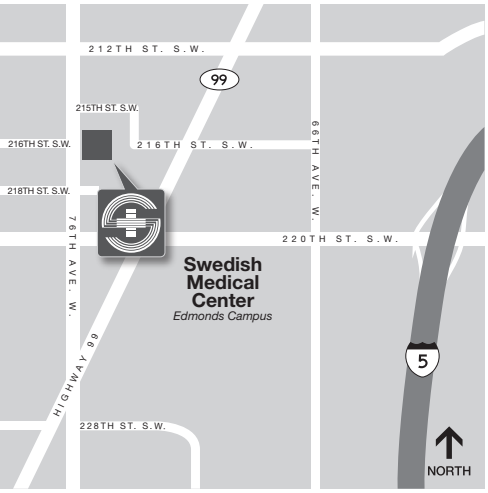
- Canalith Repositioning
- Liberatory
- Brandt-Daroff
- Adaptation
- Substitution
- Habituation
- Biofeedback, Relaxation Techniques

See reverse side for available locations of vestibular rehabilitation treatment.

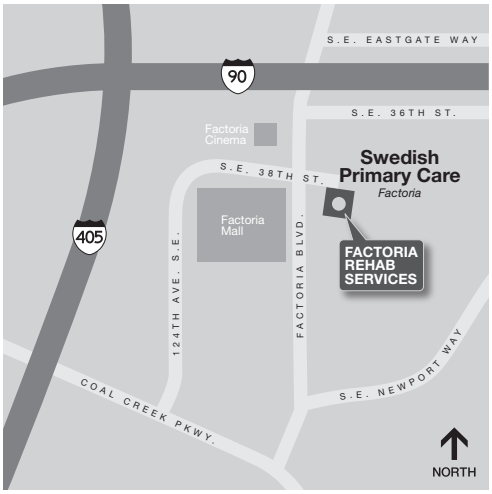


Swedish/Ballard

Swedish/Cherry Hill

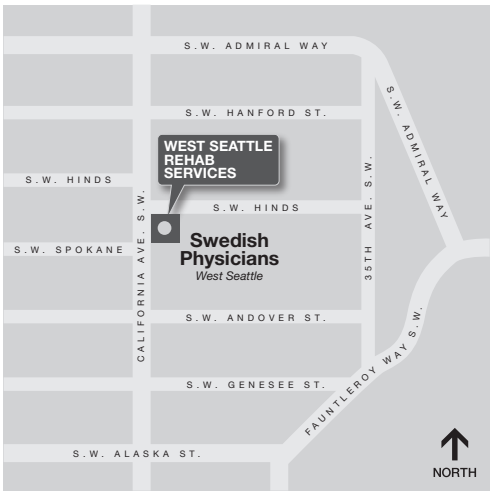


Swedish/Edmonds



Factoria Rehabilitation Services

Swedish/First Hill



West Seattle Rehabilitation Services

SWEDISH

OUTPATIENT REHABILITATION SERVICES

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PT-03-04174 R-5/11