



Early Morning and
Evening Appointments
Available at
ALL Clinic Locations

Introducing Vertigo/Balance Treatment

*Evaluation and therapy for vertigo, imbalance,
gait disorders, and vestibular loss . . .*

Did You Know?

- Dizziness and loss of balance is the #3 reason individuals over the age of 65 seek medical attention.
- It becomes the #1 reason over the age of 70.
- A deficit in any one of the three main systems that maintain balance -- visual input, vestibular input (inner ear) and postural control -- can cause dizziness and/or imbalance, which increases the risk for falls and serious injury.

PT&SR Can Help

- Many times, medical or surgical intervention will not help these patients, but very often physical therapy can be helpful in reducing or eliminating dizziness and/or imbalance.
- In fact, half the people over 65 with dizziness have a condition called BPPV (Benign Paroxysmal Positional Vertigo), which many times can be relieved quickly in as few as one or two PT visits with certain positional maneuvers and exercises.
- At Physical Therapy and Sports Rehab, a physical therapist can assess where the deficits are and plan a treatment regimen accordingly.
- Treatments given to address these deficits may include: *certain positional movements, gaze stabilization, habituation, vestibular adaptation, and specific strengthening and balance exercises to alleviate these feelings of dizziness and imbalance.*

Call Today

If you or someone you know suffers from dizziness, vertigo, or has had falls or near falls -- we can help.

For additional information or to schedule an appointment, call our Norwood Office, Guild Medical Center, 825 Washington Street, Ste. 280: (781) 769-2040.