

relief for
**dizziness,
imbalance
and headaches**



Vestibular Rehabilitation

UP Rehab's **Vestibular Rehabilitation Program** helps individuals recover from or adjust to conditions affecting the portion of the inner ear system responsible for balance and visual stability. **Benign paroxysmal positional vertigo (BPPV)** is the most common peripheral vestibular disorder. **Vertigo** is generally thought to be due to debris which has collected within a part of the inner ear. Ear rock debris are small crystals of calcium carbonate derived from a structure in the ear called the utricle.

In addition to BPPV, vestibular rehabilitation is also helpful for patients who have acute or chronic vestibular or balance dysfunction secondary to complications associated with: vestibular neuritis, labyrinthitis, perilymph fistula or other disease processes that affect the vestibular system.

Following a thorough evaluation, an individualized treatment program may include:

- Education
- Repositioning technique
- Eye exercises / balance exercises
- General conditioning
- Habituation and/or adaptation exercises
- Home exercise program

CALL or FAX your referral to:

MARQUETTE (next to Goodwill)
(ph) 906.225.5900 • (fx) 906.225.5939

NEGAUNEE (next to Sears)
(ph) 906.475.6441 • (fx) 906.475.6445

MUNISING (at Munising Hospital)
(ph) 906.387.4110 • (fx) 906.387.6622

www.uprehab.com

