Vertigo Rehabilitation Sherwood Park: What to Expect From Vestibular Rehabilitation Therapy

Vertigo Rehabilitation Sherwood Park may help people who experience spinning sensations, dizziness, balance problems, or symptoms triggered by head movement. These symptoms may make simple activities such as getting out of bed, walking, turning your head, or looking up feel uncomfortable.



Vestibular Rehabilitation Therapy in Sherwood Park uses specific exercises and techniques based on the cause and type of symptoms. A physiotherapy assessment may help determine whether vestibular rehabilitation is appropriate for you.

What Is Vertigo?

Vertigo is a sensation that you or your surroundings are spinning or moving when there is no actual movement. It may last for a few seconds or continue for longer periods, depending on the underlying cause.

Vertigo is different from general lightheadedness. Understanding the type of dizziness you experience may help guide an appropriate assessment and treatment approach.

Common Causes of Vertigo

Vertigo may have several causes. One common condition is benign paroxysmal positional vertigo, also known as BPPV.

BPPV may cause brief episodes of spinning when you change your head position. Rolling over in bed, sitting up, bending down, or looking upward may trigger symptoms.

Other causes may include inner-ear conditions, concussion, migraine-related symptoms, or other health concerns. Because the causes vary, an assessment is important.

What Is Vestibular Rehabilitation Therapy?

Vestibular rehabilitation is an exercise-based form of physiotherapy. It focuses on the vestibular system, which works with your eyes, brain, muscles, and inner ear to help maintain balance.

Treatment may include exercises that focus on balance, eye and head coordination, walking, or adapting to certain movements.

How May Vertigo Rehabilitation Help?

1. May Support Balance

Dizziness can make standing and walking feel uncertain. Balance exercises may help you practise maintaining stability during different movements and positions.

2. May Help With Head Movement

Some people experience dizziness when turning or moving their head. Vestibular exercises may gradually introduce specific movements based on your symptoms.

3. May Improve Eye and Head Coordination

Your eyes and vestibular system work together to keep your vision stable while your head moves. Specific exercises may help practise this coordination.

4. May Help With Position-Related Vertigo

Certain types of vertigo, such as BPPV, may respond to positional techniques. A trained physiotherapy professional may assess your symptoms and determine whether a positional approach is suitable.

5. May Support Daily Activities

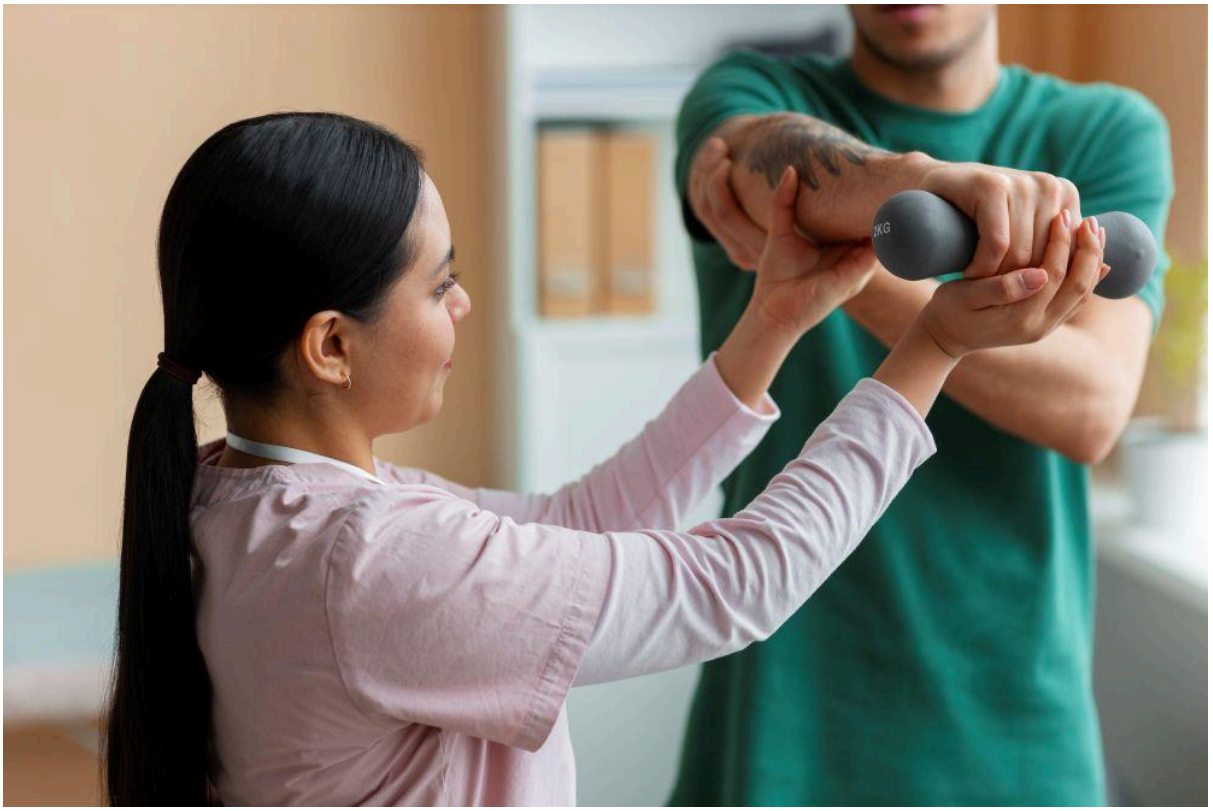
Dizziness may affect activities such as walking, exercising, working, or moving around the home. A personalized rehabilitation plan may focus on movements that are relevant to your daily routine.

What Happens During a Vestibular Assessment?

Your physiotherapist may ask about when your dizziness occurs, how long symptoms last, and which movements trigger them. They may also assess your balance, eye movements, walking, head movements, and other relevant factors.

The assessment helps guide the treatment approach. Not everyone with dizziness requires the same exercises or techniques.

What Can You Expect From Vestibular Rehabilitation Therapy in Sherwood Park?



Treatment varies depending on the cause of your symptoms. Your program may include balance exercises, eye movement exercises, head movement exercises, walking activities, or positional techniques.

Exercises may be adjusted as your symptoms and abilities change. Your physiotherapist can explain how to perform them safely and how they relate to your daily activities.

When Should You Seek Medical Attention?

Not all dizziness should be treated with physiotherapy. Sudden severe dizziness accompanied by symptoms such as weakness, difficulty speaking, severe headache, fainting, chest pain, or other serious changes requires prompt medical assessment.

If your dizziness is new, persistent, or unexplained, speaking with a healthcare professional may help determine the appropriate next step.

Is Vertigo Rehabilitation Right for You?

Recurring dizziness or vertigo may affect your confidence and ability to complete everyday activities. **Vertigo Rehabilitation Sherwood Park** may be considered when symptoms are related to certain vestibular or balance conditions.

If you are experiencing dizziness, balance problems, or vertigo, **Vestibular Rehabilitation Therapy in Sherwood Park** may be an option to discuss with a physiotherapy professional after an appropriate assessment.