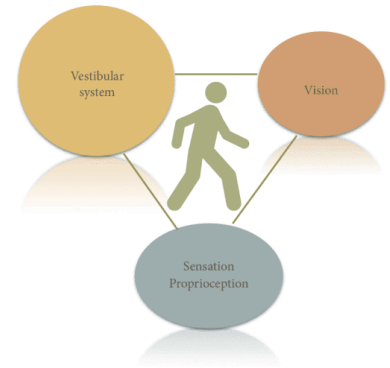


**Vestibular Physical Therapy**  
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**Doctor of Physical Therapy and Certified Vestibular Specialist**

### Balance

Our bodies have 3 sensory systems that allow us to remain upright and steady: vision, body sensations (messages from our muscles and joints to our brain about where our body is in space) and inner ears. If the brain can't process signals from all of these systems, or if the messages are not functioning properly, you may experience a loss of balance as well as dizziness.



### Dizziness

Dizziness can range from fleeting faintness to a severe balance disorder that makes normal functioning impossible. Among adults over age 65, up to 30 percent experience dizziness. Dizziness may feel like: lightheadedness, as though you might pass out, unsteadiness or a loss of balance, a false sense that you or your surroundings are spinning or moving, floating, swimming or heavy-headedness.

### Vertigo

Vertigo is a common cause of dizziness that is caused by problems with the inner ear, the brain, or sensory nerve pathways. Symptoms may feel like: dizzy and off balanced, the world is spinning, swaying or feeling pulled to one side and one may also experience nausea and vomiting. The balance center in the inner ear is called the vestibular system. It includes structures that respond to different movements of the head. The vestibular system sends signals to your brain about your head position and movement.

### BPPV

BPPV, or benign paroxysmal positional vertigo, is one of the most common forms of vertigo. BPPV develops when otoconia (commonly referred to as stones or rocks), dislodge and become trapped in the wrong part of the inner ear. Once shifted, otoconia causes an interference of the signals the inner ear sends to your brain about your body's position in space, causing vertigo.



### Vestibular Treatments

**Vestibular Rehabilitation** – A form of therapy that strengthens your vestibular system. This form of treatment is for recurring vertigo. It trains you to use your other senses to compensate for inner ear issues.

**Canalith Repositioning for BPPV** – A series of head and body movements that treat BPPV, allowing for the otoconia to be repositioned so that the vertigo symptoms can be eliminated.

Vestibular disorders can be complex, and are best managed by physical therapists who are “Certified Vestibular Therapists”. This certification requires extensive training.

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