

# Vestibular Rehabilitation Fact Sheet

***Are You Feeling Dizzy? If you ever experience dizziness, vertigo, falls or interruptions in balance, help is available through vestibular therapy and testing.***

## ***What are the causes of dizziness?***

The most common cause of dizziness and vertigo is BPPV.

BPPV is a disorder of the inner ear that occurs when crystals come loose and fall into the ear canal. As you move your head, the crystals roll around in your ear canal and stimulate cells that tell your brain that you are dizzy.

Other causes of dizziness can include migraine headaches, Meniere's Disease, stroke, cerebella degeneration, and head trauma

## **Other Related Symptoms:**

**Dizziness and vertigo are not the only symptoms related to vestibular disorders.**

- Difficulty focusing and reading
- Motion sickness
- Headaches
- Loss of balance and coordination

***If you are experiencing any of these symptoms please contact your physician. Together, you and your physician can determine if Physical Therapy is the best treatment for you.***

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