

# VESTIBULAR AND BALANCE REHABILITATION THERAPY

## BALANCE

It is the sixth sense. Like seeing, hearing, and other senses, balance and equilibrium are so automatic we often don't think about them until we don't have them. Balance is the coordinated interaction of three body systems: The vestibular system, the visual system, and the somatosensory system.

## VESTIBULAR SYSTEM

The vestibular system is often responsible for more severe balance problems and sensations of spinning or falling, called vertigo. Other common complaints include double vision, blurred vision and/or light headedness. Some vestibular problems cause severe symptoms, yet can be easily treated so that a person's problems are completely resolved or so minimized that function and daily life is not affected. Other vestibular problems require that a person learn new ways to perform activities and other strategies to minimize symptoms.

Common Diagnoses treated include: Positional Vertigo (benign and central), Labyrinthitis/Neuritis, Meniere's Disease, post-traumatic vertigo, perilymph fistula, acoustic neuroma/post resection rehab.

## VISUAL SYSTEM

Vision makes us aware of our orientation in space. When vision is diminished because of poor lighting or the effects of aging or disease, the other balance systems must compensate by working "harder."

## THE SOMATOSENSORY SYSTEM

The Somatosensory system includes the sense of touch and bone, joint, and muscle receptors, that give the brain information about body position and movement. Loss of sensation such as neuropathy, and common musculoskeletal injuries such as ankle sprains can cause reduced balance, which responds well to specific training.

Muscle weakness can also cause loss of balance. When weakness leads to loss of balance, strengthening exercises must be done in very specific functional movement patterns that maximize the integrated use of all the balance systems, for optimal recovery.

## HOW DO I GET STARTED?

Vestibular and balance therapy is provided upon physician referral. Your physician will first decide if you require other medical tests such as an ENG, MRI, or EKG. Therapy starts with comprehensive evaluation of the vestibular and balance systems and the individual's ability to function. Treatment is customized to the specific needs of the individual based on evaluation findings. Because of the complicated nature of the vestibular and balance system, therapy is provided by therapists specially trained for treating these problems.



ST. JOHN PHYSICAL  
REHABILITATION



**1. St. John Hospital & Medical Center**  
 22101 Moross Road,  
 Detroit, MI 48236  
 313-343-3744

**2. Beaconsfield Satellite**  
 19601 E. 8 Mile Road  
 St. Clair Shores, MI 48080  
 586-771-6084

**3. Twelve Mile Road Satellite**  
 20952 Twelve Mile Road, Suite 110  
 St. Clair Shores, MI 48081  
 586-498-3500

**4. Warren Satellite**  
 27450 Schoenherr, Suite 100  
 Warren, MI 48088  
 586-582-7825

**5. St. John North Shores Hospital**  
 26755 Ballard Road  
 Harrison Township, MI 48045  
 586-466-5234

**6. St. John Medical Center – Romeo Plank**  
 46591 Romeo Plank Rd., Suite 115  
 Macomb Township, MI 48044  
 586-226-6500

**7. St. John Oakland Hospital**  
 27483 Dequindre, Suite 102  
 Madison, Heights, MI 48071  
 248-967-7537