

Vestibular Rehabilitation Therapy

By: Shelly Skovgaard

What is Vestibular Rehabilitation Therapy (VRT)?

Vestibular Rehabilitation Therapy is a personalized exercise-based program designed to alleviate symptoms caused by inner ear disorders. Your vestibular system plays a crucial role in maintaining balance, gaze stability, and spatial awareness. It's located in the inner ear and consists of three semicircular canals, otolith organs, and vestibular nerves—all working together to send signals to the brain about your body's position and movement.

Common Vestibular Disorders We Treat

Our skilled therapists provide treatment for a variety of vestibular conditions, including:

- Benign Paroxysmal Positional Vertigo (BPPV)
- Vestibular Neuritis and Labyrinthitis
- Ménière's Disease
- Vestibular Hypofunction
- Vestibular Migraines
- Balance issues associated with strokes or traumatic brain injuries

How Does Vestibular Therapy Work?

Our vestibular rehabilitation program begins with a thorough evaluation, where we assess your:

- Balance and gait (how you walk)
- Muscle strength
- Oculomotor function (eye movements)
- Coordination and spatial awareness

Based on your unique symptoms and diagnosis, we design a customized treatment plan using evidence-based techniques.

Therapy may include:

- Canalith Repositioning Maneuvers for BPPV
- Gaze Stabilization Exercises to improve focus and reduce dizziness
- Balance Training to prevent falls and restore confidence
- Habituation Exercises to desensitize your brain to motion-triggered dizziness
- Strength and Postural Exercises for overall stability

If you're experiencing persistent dizziness, vertigo, or balance issues, don't wait—schedule a consultation with our vestibular rehabilitation specialists today.

Let Curative Therapy Services guide you on the path to recovery and restore your balance—because your health starts with stability.



Shelly Skovgaard

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Call us to schedule an
appointment!
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