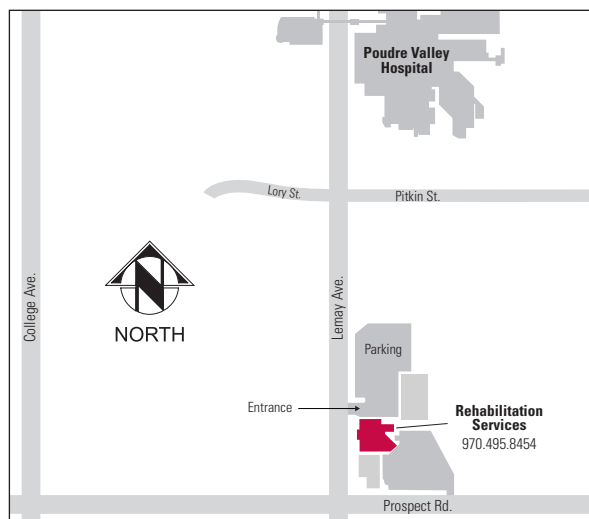


Directions to University of Colorado Health Rehabilitation Services



Rehabilitation Services
1106 E. Prospect Road, Suite 200
Fort Collins, Colo.
970.495.8454



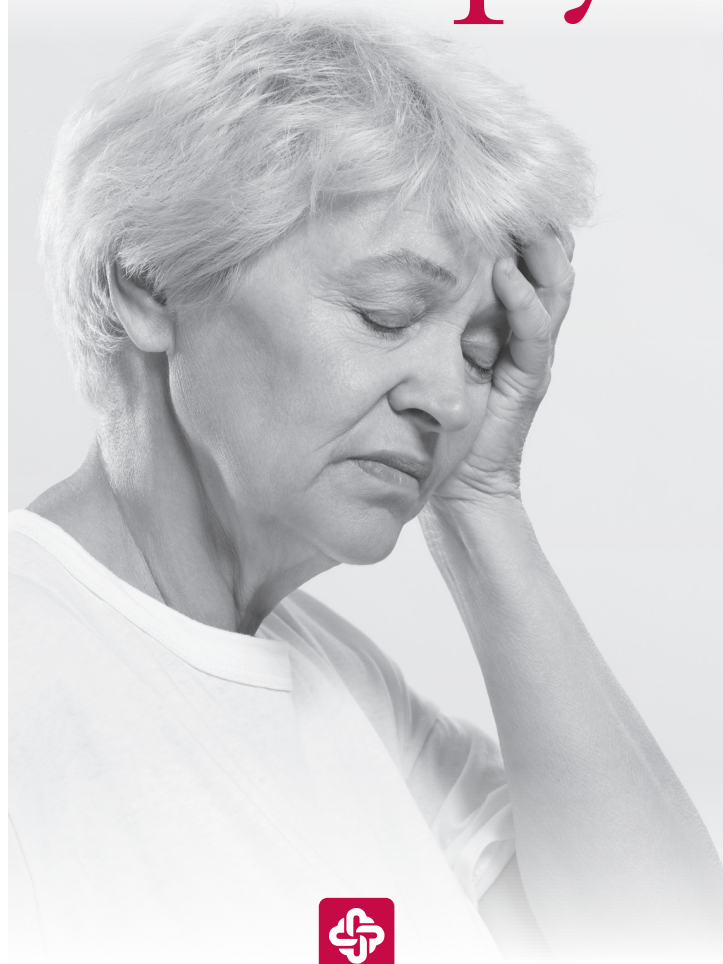
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Vestibular therapy



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What is the vestibular system?

The vestibular system is part of your body's balance system that provides the brain information concerning your head movement.

What is vestibular therapy?

If your vestibular system is damaged by disease or injury it can result in dizziness, spinning, imbalance and light headedness. Vestibular therapy addresses these issues using an exercise-based program. A physical therapist will evaluate your vestibular system and balance to create an individualized program to address your needs.

Dysfunction of vestibular system include:

- Meniere's disease.
- Benign Paroxysmal Positional Vertigo.
- Mal de Debarquement syndrome.
- Neuritis.
- Acoustic neuromas.
- Perilymphatic fistula.

Balance dysfunctions include:

- Aging.
- Stroke.
- Neurological disease.
- Head trauma.

Who would benefit from vestibular or balance therapy?

Anyone who is experiencing vertigo, light headedness, dizziness and unsteadiness.

