

Vestibular Rehabilitation Program

In people who experience vertigo—the perception that the room is spinning—free-floating crystals may be inappropriately displaced in a canal of the inner ear. Benign paroxysmal positional vertigo describes this situation and can be treated effectively by a physical therapist using a single particle-repositioning maneuver.

For others, vestibular therapy can help those who experience blurred vision with head movement and poor balance as a result of a loss of vestibular function. Vestibular compensatory strategies can be developed through a customized home exercise program with the help of a physical therapist.

The ultimate goal of vestibular therapy is to improve a person's safety, balance and ability to focus with head movement.

What are the common vestibular diagnoses treated in your clinic?

- Benign paroxysmal positional vertigo (BPPV)
- Unilateral vestibular hypofunction
 - Vestibular schwannoma tumor resection
 - Vestibular labyrinthitis/neuritis
- Bilateral vestibular hypofunction
 - Vestibular ototoxicity
 - Autoimmune dysfunction
- Central vestibular dysfunction
 - Cerebellar ataxia

What are some of the treatments you provide?

For BPPV cases

- Canalith/particle-repositioning maneuvers



A therapist assesses for clinical oculomotor signs as part of a comprehensive vestibular PT evaluation.

Treatments for cases of loss in vestibular function

- Vestibular adaptation exercises to improve vision with head movement.
- Postural stabilization exercises to improve balance strategies.

Frequency of treatment and goals of therapy will be determined once the client has been evaluated by the physical therapist. Many patients who complete the vestibular therapy program achieve an improved level of function and often return to their previous lifestyle.

Is vestibular therapy covered by insurance?

Johns Hopkins Rehabilitation is contracted with many HMO and PPO plans. With most HMOs, a referral is required from your primary physician.

How do I schedule an appointment?

A referral from your specialist or primary physician is necessary to schedule an appointment. The referral may be faxed directly to our clinic from your doctor's

office. Check your insurance plan to be sure rehabilitation at Johns Hopkins is covered. Contact one of our clinics to schedule an appointment.

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For more information, please contact

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