

# Dizziness

## Diagnostic & Treatment Program



### Do you experience any of the following symptoms?

- A feeling of spinning or moving when you change positions, or move your head quickly
- A feeling of vertigo or dizziness when shifting positions in bed
- A sense of unsteadiness on your feet
- Queasiness while watching moving objects
- Difficulty staying balanced when you walk on different surfaces
- A feeling as if you are being pulled to one side while walking in a hallway or grocery store aisle

If so, you are not alone... In fact, research indicates that 76 million Americans will experience dizziness or equilibrium problems at some point in their life.

Sitrin's Dizziness Program includes a multidisciplinary team comprised of an audiologist and physical therapist. This team is specifically trained to diagnose and treat deficiencies of the vestibular system.

First, Sitrin's audiologist will complete a non-invasive VNG test using video imaging technology to record eye movements. This testing stimulates the ears to determine if proper information is being sent from the balance center portion of the inner ear and eyes. Next, a licensed physical therapist will administer a complete physical evaluation to determine if the body's pressure sensors are also sending the correct signals. Your muscles, ankles, feet, and joints of the legs will be tested, along with reflexes, strength, and coordination. This comprehensive evaluation will determine if vestibular retraining is required.

Vestibular Rehabilitation has emerged over the past several years as an exciting and successful alternative treatment for patients with persistent motion intolerance and balance problems. The goal of vestibular rehabilitation is to get individuals back to their normal daily functions.

Sitrin's Dizziness Diagnostic Treatment Program was designed by Sitrin's Physical Therapy and Audiology departments.

Patients interested in participating in the Dizziness Diagnostic Treatment program at Sitrin must obtain a referral from their doctor.

**For more information, please call  
(315) 797-8000.**

**Related Services offered at Sitrin:**

- ▶ **Vision Therapy**
- ▶ **Psychology**

# SITRIN

The Help. The Hope. The Healing.

## Sitrin Medical Rehabilitation Center

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