

# VESTIBULAR REHABILITATION

HELPING YOU  
ACHIEVE BALANCE.



agilityhealth®

# SET YOUR TREATMENT IN MOTION.

Vestibular problems can really make your head spin, but you can deal with them one positive step at a time. We here at Plainwell Agility Health Physical Therapy can help with problems related to dizziness, vertigo, spinning sensations, nausea, balance issues and more.

Problems with dizziness are often related to dysfunction with a person's proprioceptive and vestibular system. The vestibular system is a part of the inner ear and brain that helps control balance and eye movements. The proprioceptive system provides information from your muscles and joints related to body position. Both systems are vital in maintaining a person's sense of balance. It is our job as physical therapists to recognize which system is causing the balance or dizziness symptoms, and then help to retrain it.

Our goal is for you to confidently return to your normal activities with decreased vestibular symptoms, decreased risk for falls and the knowledge to manage your condition.



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