Many people suffer from dizziness and impaired balance. These symptoms can occur suddenly, by way of accident (trauma), or gradually develop over time. As a result, the vestibular system, more commonly known as the "inner ear," can be negatively affected. This system aids in the control of balance and the awareness of one’s body in relation to their environment. While many believe these changes to be normal, there is much that can be done to resolve ongoing symptoms.

Vestibular Rehabilitation is a specific type of therapy designed to overcome symptoms of, or related to vertigo, dizziness, light headedness and impaired balance. Vestibular physical therapy aids in retraining the vestibular system to accommodate or alleviate specific changes. Most importantly, it equips individuals with the proper training to restore balance within the body and return to their prior way of life.

MOST CAUSES OF VERTIGO:
- Inner ear infections/disorders
- Crystals moving in inner ear
- A hole in the inner ear
- Vestibular nerve inflammation
- Migraines
- Tumors
- Stroke
- Head injury

PHYSICAL THERAPY CAN ADDRESS:
- Symptoms related to vertigo, dizziness and light headedness
- Balance and gait deficits
- Benign Paroxysmal Positional Vertigo (BPPV)
- Post-concussion symptoms
- Fall assessment and prevention
- Musculoskeletal related neck pain
- Dizziness related to head turning, walking and daily mobility
- Decreased coordination and body control
CONVENIENT LOCATIONS TO SERVE YOU:

LYNCHBURG LOCATIONS:
- Jamerson Family YMCA
  434.237.8160 / Fax 434.237.8161
- Neuroscience Center
  434.200.2900 / Fax 434.200.2901
- Centra Virginia Baptist Hospital
  434.200.4668 / Fax 434.200.3003
- Urology Center
  434.200.6623 / Fax 434.200.6621
- Centra Lynchburg Medical Center
  434.200.7860 / Fax 434.200.7868

ADDITIONAL LOCATIONS:
- Bedford
  540.587.3246 / Fax 540.586.8638
- Gretna
  434.656.4607 / Fax 434.656.4628
- Danville
  434.797.1384 / Fax 434.797.2128
- Farmville
  434.315.2920 / Fax 434.315.2925
- Keysville
  434.315.2920 / Fax 434.315.2925

THE LEADER IN COMPREHENSIVE REHABILITATION

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