

Common Interventions

- Resolving issues relating to benign paroxysmal positional vertigo (BPPV).
- Retraining gaze stability following an episode/condition involving a unilateral or bilateral vestibular hypofunction.
- Balance training (dynamic/postural stability) especially a client who is a fall risk.
- Investigating other contributing mechanisms of vestibular disturbance; psychogenic dizziness or vertigo from anxiety or depression; cervicogenic (muscle/joint) contribution.

Vestibular Rehabilitation Therapist

Miriam Lewis

BKin, CEP, MScPT



- Graduated from Dalhousie University with Masters of Science in Physiotherapy (2011)
- Completed a Bachelors of Kinesiology from Memorial University of Newfoundland (2009)
- Is a Certified Exercise Physiologist
- Has post graduate training in Functional and Therapeutic Dry Needling, Assessment and management of post-concussion syndrome, Selective Functional Movement Assessment (SFMA), Ortho division level 2 upper and Kinesiotaping
- Has vestibular training through North of 49 Balance and Dizziness Centre
- Was part of the Canada Winter Games 2015 as a Physiotherapist
- Was selected to be a trainer at the U17 Hockey Canada Development Camp -
- Relocated to Red Deer from Yellowknife, NWT in 2016

Price List

Vestibular Disorder Assessment & Initial Consult\$160

- One-on-one assessment with Therapist, description of findings & treatment plan recommendations

Follow up Vestibular Treatment.....\$80

- Booked as needed including home program instruction

**Prices subject to change*

Vestibular Rehabilitation Therapy



PHYSIOTHERAPY - ATHLETIC THERAPY - MASSAGE THERAPY
SPORTS PHYSICIAN - SPORTS PSYCHOLOGY - SPORT NUTRITION



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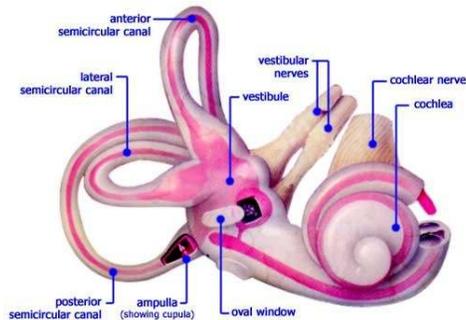
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What is the Vestibular System?

Areas within the inner ear and certain centers of the brain form the vestibular system thereby providing us with the sense of postural awareness and balance. The vestibular system also contributes to the coordination and stabilization of eye movements for various types and speeds of head motion.



The Inner Ear

Common Signs & Symptoms of Vestibular Disorders

- Nystagmus
 - involuntary movements of the eyes
- Visual disturbances
- Vertigo
 - perception of the self or room spinning
- Dizziness
 - Lightheadedness, faint-like sensation
- Imbalance or unsteadiness
- Gaze Instability
 - Coordinating eye and head movements

*****Clients having dizziness as their main symptom should have a medical assessment by their family Physician prior to starting Vestibular Rehabilitation Therapy.***

Common Causes of Vestibular Disorders

- A mechanical dysfunction of the inner ear leading to a sensory dysfunction known as Benign Paroxysmal Positional Vertigo (BPPV)
- Head Trauma (whiplash)
- Viral infections of the inner ear
- Degeneration of the vestibular system, typically elderly population
- Vascular insufficiency

What is the assessment like?

The assessment will consist of a detailed verbal history of the patient's vestibular issues and general health. The Therapist asks a series of directed questions to develop a general idea of the vestibular disturbance being presented.

Following the history, the Therapist will:

- a) conduct a variety of specialized physical tests involving a combination of upper body and/or head movements and eye tracking drills.
- b) Narrow down the type of vestibular disturbance and what specific structures may be involved.
- c) Formulate an individualized treatment plan.



What is treatment like?

Depending on the presenting signs and symptoms for the patient, medical history, results from diagnostic tests and the physical examination by



Therapist or Physician will ultimately guide the treatment and course of therapy.

Treatment may involve the following:

- In the event of BPPV, a repositioning technique will be performed. This includes specific head and trunk movements guided by the Therapist
- Individualized Home Program can include a combination of body, eye and head exercises in order to retrain the brain to recognize and interpret various sensory inputs. By performing these exercises, the brain will re-learn and adapt to these once provoking stimuli.
- Referral back to your Physician to rule out any other causes if treatment is unsuccessful

Before Your Appointment

- During or after assessment &/or treatment, it is very likely that signs and symptoms of dizziness, vertigo, or nausea will be provoked. We recommend alternative transportation arrangements be made prior to appointments
- Patients should consider taking adequate measures in reducing any chance of nausea or vomiting sensation. Consultation with your family Physician is advised to choose an appropriate anti nausea medication
- **Please refrain from wearing contact lenses** during assessment. Eye glasses are preferred as some testing requires eyes to be open for extended periods of time and creates drying of contact lenses.