

## **VESTIBULAR REHABILITATION SERVICE**

### **Do you know someone who suffers from dizziness or vertigo?**

Vestibular rehabilitation (VR) is a successful treatment for people with common balance and dizziness disorders. VR is an exercise-based programme to encourage the central nervous system to compensate for problems in the inner ear.

Our service includes:

- Initial assessment and bespoke treatment plan devised
- Eye and head movement exercises
- Exercises to improve standing balance and walking
- Specific techniques to reposition fragments in the inner ear which cause dizziness in BPPV
- Education and advice on activities of daily living to improve confidence & function
- Advice on falls reduction/prevention.
- Appropriate onward referrals if needed



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“The Hobbs VR Service has been fantastic for me. After years of going from pillar to post looking for some help, it was such a relief to find a true specialist who understood my symptoms. My life has changed and I thank the Hobbs Rehab team for that.”

Val Higgenbotham

### Who would benefit from VR?

Common vestibular problems include:

- Benign Paroxysmal Positional Vertigo (BPPV)
- Ménière’s Disease
- Labyrinthitis
- Vestibular Neuritis
- Acoustic Neuroma
- Autoimmune Inner Ear Disease
- Cervicogenic Dizziness
- Cholesteatoma
- Enlarged Vestibular Aqueduct Syndrome.

[hobbsrehabilitation.co.uk](http://hobbsrehabilitation.co.uk)  
Call us on 01962 779796 for details