

VESTIBULAR REHABILITATION THERAPY & BALANCE PROGRAM

BALANCE & VESTIBULAR TREATMENT

Treatment includes an individualized hands-on treatment and exercise program to address the problems identified in the initial assessment. These may include:

- Repositioning for BPPV (Benign Paroxysmal Positional Vertigo)
- Eye/head exercises for gaze stabilization
- Vestibular habituation exercises for reducing position-and movement-provoked dizziness or vertigo (e.g. turning the head in a certain plane or direction)
- Gait training and Balance retraining exercises
- Ambulation training with/without assistive devices
- Strengthening, flexibility and conditioning programs
- Education in activity, environment, and life-style as they impact disabilities

Our specially trained vestibular certified therapists will work with each patient to develop a specific plan of care to help him/her return to work, recreational activities and maximize functional ability.



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HOME BOUND HEALTHCARE

VESTIBULAR REHABILITATION THERAPY & BALANCE PROGRAM



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Caring For Your Health Needs In The Comfort Of Your Home



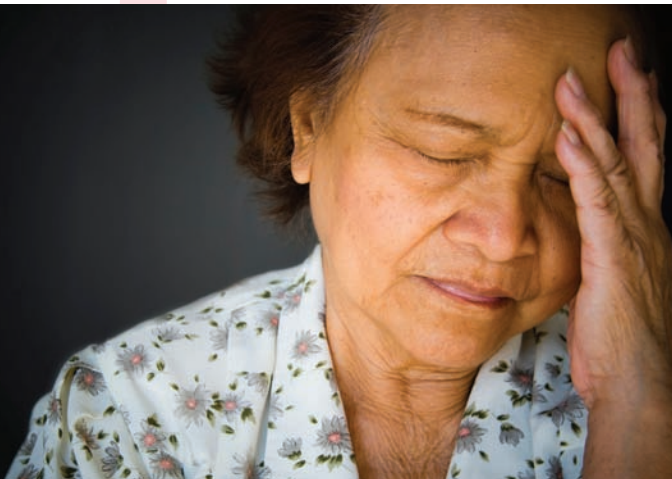
*Caring For Your Health Needs in
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WHAT IS VESTIBULAR REHABILITATION THERAPY (VRT)?

VRT is an exercise-based program designed to help control symptoms and increase function to promote normal activity with patients suffering from inner ear including vestibular dysfunction and balance disorders. Vestibular rehabilitation is a growing, and much needed, area of therapy in which the therapists can guide a patient through the course of their dysfunction, assist them in recovery, and help to give them back the ability to participate in their lives.

WHAT ARE THE SIGNS AND SYMPTOMS?

- Dizziness associated with position changes and head movements
- Nausea
- Balance and unsteadiness with activity
- Visual disturbances
- Motion sensitivity
- Change in activity level
- Difficulty concentrating and reading



WHO WILL BENEFIT?

Persons with:

- Vertigo
- Dizziness
- Light-headedness
- History of Falls/Poor balance
- Motion Sensitivity
- Stiff neck
- Weakness
- Double vision
- Vestibular and Balance Disorders



WHAT ARE THE GOALS OF THE THERAPY ?

- Reduce frequency, intensity and duration of dizzy symptoms and visual problems
- Improve pain-free and dizzy-free range of movement of neck
- Improve balance and walking function
- Develop compensatory strategies for coping with symptoms
- Increase overall activity levels
- Fall prevention



HOW CAN YOU GET HELP?

- **Home Health Service** - Vestibular Rehabilitation Therapy is available through skilled Home Health care that is covered 100% by Medicare for those who qualify. There is no out-of-pocket expense for this service. We also accept Medicaid and will work with your insurance company to determine and help you understand your benefits.
- **Outpatient Therapy Services** - Vestibular Rehabilitation Therapy can be provided as part of your therapy program at our Outpatient Clinic, your home, or if you live in a nursing home, assisted or independent living facility. This service is covered under Medicare Part B. We will work with your insurance company to determine and help you understand your benefits. We will inform you up-front of any out of pocket expenses that you will be obligated to pay

You should speak to your doctor, your Home Bound Healthcare visiting nurse or therapist, or call your nearest **Home Bound Healthcare** office for more information about enrolling in this program.

**Visit us on the web at
HomeBoundHealth.com**