



What to Expect from a Vestibular Physical Therapy Exam

The vestibular exam will include vestibular (inner ear), balance, and other specialized testing which will likely diagnose the root cause of dizziness, and that PCP, ER, and ENT do not perform that testing. The exam provides a better diagnosis since CT/MRIs have diagnosis limitations, and the inner ear is not visible in routine medical examination.

Many conditions come with nuance, and the interaction of muscles, nerves and sensory organs causes different reactions to patients' symptoms; therefore, various tests are performed based on those factors. Vestibular therapy exams for dizziness involve using infrared goggles, balance testing equipment, and other individualized tests based on the direction of the appointment. The physical therapist caters the exams to each patient involving their eyes or whole body.

VENTA's physical therapists specialize in treating and diagnosing dizziness and headache conditions. They determine the diagnosis based on the test results acting as a check on one another and matching the patient's symptom complaints. They review each test with patients including videos to ensure providers and patients are on the same page throughout the visit.

After most visits, the physical therapist will provide the patient with home exercises to reach their end goal of healthiness. Many patients are surprised at the provider's ability to test their condition and the accuracy of the diagnosis provided during the appointment.

Sometimes it is necessary to refer patients to other specialists for additional contributing medical factors. However, they help facilitate and tell them which direction to go based on their results.

Our physical therapist team is determined to address the patient's dizziness or imbalance as accurately as possible.

The team at Total Balance therapy looks forward to seeing you!

Anthony Curtis, PT

Director of Physical Therapy

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