



Marino TherapyCenters

Since 1977 and Still Your First Choice
Physical Rehabilitation "Centered on You"
Division of The TherapyCenter, Inc.

www.marinotc.com



VESTIBULAR REHABILITATION

Marino TherapyCenters Vestibular Rehabilitation program is available for those patients suffering from dizziness, vertigo, balance disorders and motion intolerance. We are proud to offer a well researched proven form of therapy for these disorders, and have credentialed staff from Emory University, one of **Vestibular Rehabilitation's** most renowned educational and research institutes.

HOW CAN PHYSICAL THERAPY HELP?

Depending upon the cause of vertigo, physical therapy can significantly reduce its severity and frequency, and promote balance and functioning at home and in the community. Physical therapy can reduce symptoms of vertigo and imbalance when caused by:

- Traumatic injury to inner ears
- Degenerative changes to inner ears.
- Benign Paroxysmal Positional Vertigo (BPPV)
- Long-term use of antibiotics causing inner ear damage
- Stroke (decreased blood flow to brainstem, cerebellum, and cortex)

GOALS OF THE VESTIBULAR REHAB PROGRAM

- Eliminate or decrease intensity and frequency of vertigo attacks
- Improve functional balance
- Improve functional mobility and gait
- Improve aerobic conditioning in functional context

VESTIBULAR PROGRAM TREATMENT FOCUS

- Vestibular compensation exercises to include habituation, and adaptation exercises to improve VOR
- Liberatory or canalith repositioning maneuver
- Balance and gait training
- Emphasis on daily repetitive home exercise program
- Strengthening, stretching, postural re-education

We would appreciate the opportunity to help you treat your patients, including those with special balance challenges due to peripheral neuropathies and/or visual deficits.

Thank you for your time. We look forward to serving you and your patients in the future.

Six great locations to serve You

**Cedar Bluff
Office**
Phone: 690-2671

**Farragut
Office**
Phone: 966-8933

**North Knoxville
Office**
Phone: 687-1512

**South Knoxville
Office**
Phone: 579-4895

**Oak Ridge
Office**
Phone: 482-7730

**Maryville
Office**
Phone: 983-8129