

## HOW CAN I GET HELP?



If you or another family member experiences any of the symptoms described, please contact your physician for a referral to the Vestibular Program.

## FOR MORE INFORMATION

For more information about the Vestibular Program, please call 206.368.1769. If you would like to learn more about Northwest Hospital programs and services, please visit our website at [www.nwhospital.org](http://www.nwhospital.org).

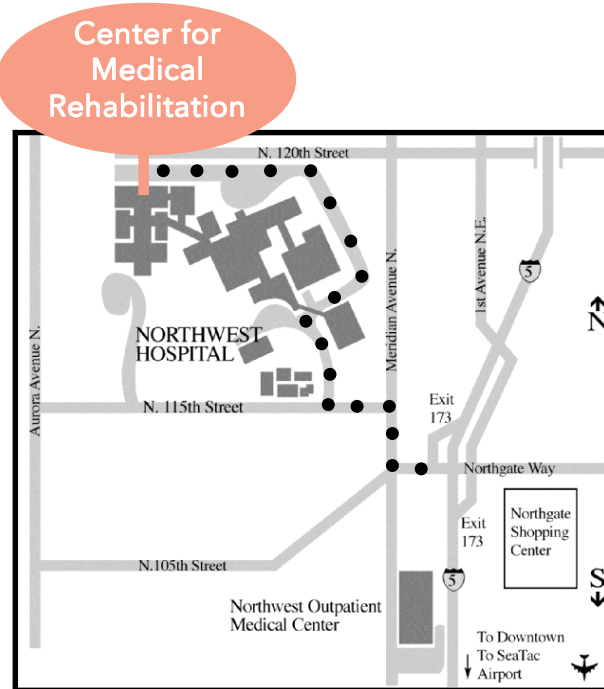
Northwest Hospital & Medical Center is a 504/ADA accessible employer. Auxiliary aids (sign language interpreters, readers) or alternate formats of written materials will be made available upon request.

## ETHICS STATEMENT

The Center for Medical Rehabilitation at Northwest Hospital is committed to ethical behavior in respect to the patient's right to participate and determine his/her own plan of care. To act for the well being of the patients and the members of the hospital's community. To provide fair, equitable, and appropriate treatment in accordance with the law. To effectively and respectfully work with a diverse cultural and ethnic mix of patients, visitors, and staff.

## LOCATION & DIRECTIONS

From I-5 take exit 173.  
Turn west on Northgate Way.  
At Meridian Avenue North, turn right (North).  
Take the first left onto 115th Street.

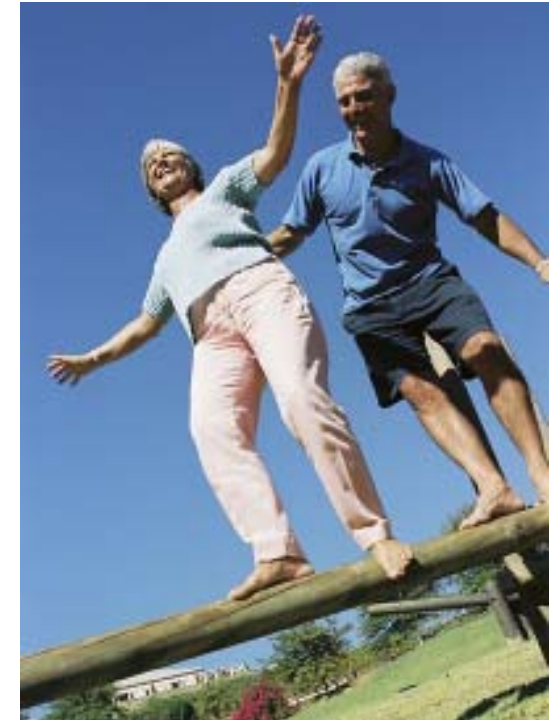


**NORTHWEST HOSPITAL  
& MEDICAL CENTER**  
**Center for Medical Rehabilitation**

1550 North 115<sup>th</sup> Street  
Seattle, WA 98133  
[www.nwhospital.org](http://www.nwhospital.org)

Call: 206.368.1769

# VESTIBULAR PROGRAM



*Specializing in the treatment of dizziness  
and related balance disorders.*



**NORTHWEST HOSPITAL  
& MEDICAL CENTER**  
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## INTRODUCTION

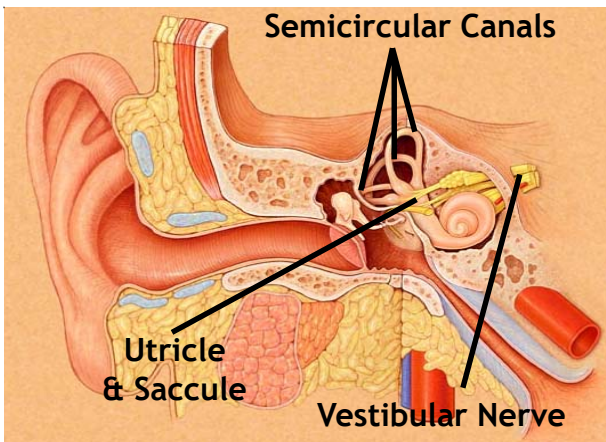
### Have You Ever Experienced:

- Dizziness
- Episodes of spinning
- Periods of light-headedness
- Trouble focusing or reading
- Loss of balance
- Increased fatigue

If you answered **yes** to any of these questions, you may have a vestibular problem.

## WHAT IS THE VESTIBULAR SYSTEM?

The vestibular system helps us detect changes in head movement or body position to maintain balance. This system is located in the inner ear and is made up of three small, semicircular canals; two sensory organs called the utricle and saccule; and the vestibular nerve.



## THE VESTIBULAR PROGRAM

Vestibular therapy is provided by a team of licensed Occupational and Physical Therapists who are specially trained in vestibular therapy. These therapists are skilled at helping stop or reduce the symptoms of dizziness or imbalance caused by dizziness.

### Your therapists will evaluate you to determine:

- Position or movements that may cause dizziness.
- Balance deficits which may interfere with your ability to perform daily activities such as dressing, bathing, walking, driving, or shopping.
- Visual function as it relates to eye-head coordination required for reading, driving, or walking.

### Your Vestibular Therapy Program includes:

- Exercises to help you stop or reduce symptoms of dizziness.
- Balance training.
- Compensatory techniques you can use to decrease symptoms of dizziness and imbalance while performing daily activities.



## COMMON VESTIBULAR DIAGNOSES

### Benign Paroxysmal Positional Vertigo (BPPV)

A condition where free floating calcium particles move into the semicircular canals causing vertigo or spinning with changes in head position.

### Vestibular Labrynthitis

A virus that affects the inner ear. Symptoms may include dizziness, loss of hearing, and balance.

### Vestibular Hydrops or Menierès Disease

A fluid imbalance in the inner ear. Symptoms may include ringing in the ear, fluctuating hearing loss, spinning, and loss of balance.

### Central Vertigo

A condition which can be caused by damage to the central nervous system from a stroke or head injury that affects the vestibular system. Symptoms may include dizziness or loss of balance.