

FirstHealth

REHABILITATION

Vestibular Rehabilitation

Is Your World Spinning?

- Do you experience dizziness when rolling over in bed, bending to tie your shoelaces or making a quick turn?
- Do you fear falling because of dizziness or feel as if things are spinning around you?
- Do certain head movements make you feel nauseated?

These may be symptoms of vertigo. The most common cause of dizziness over the age of 30 is Benign Paroxysmal Positional Vertigo (BPPV).

The exact cause is unknown, but is associated with problems of the vestibular system in the inner ear. The primary characteristic is a sense of “spinning” with changes in head position.

After you are evaluated by your doctor to rule out other causes of dizziness, a referral to physical therapy may be the next step in your treatment plan.

One of our physical therapists with specialized training in vestibular rehabilitation will evaluate you and design a program to help treat your symptoms of dizziness. Your therapist will guide you in exercises that challenge your vestibular system, and provide education in a home exercise program, that is key to your recovery.

Let the therapists at FirstHealth Rehabilitation help “stop the spinning.” Talk to your doctor about whether therapy may help you.

When You Need Rehab...You Need FirstHealth

When you need rehabilitation services, you have a choice of where to receive treatment. We hope you will choose one of our convenient locations.

Pinehurst

Moore Rehab

Located in FirstHealth Fitness–Pinehurst

170 Memorial Drive

(910) 715-1825

Aviemoore Drive Center

12 Aviemoore Drive

(910) 715-2600

Raeford

Located in FirstHealth Fitness–Raeford

313 Teal Drive

(910) 904-7407

Troy

Outpatient Entrance of FirstHealth Montgomery

Memorial Hospital

443 Wood Street

(910) 571-5129

Rockingham

Located in FirstHealth Fitness-Richmond

120 Richmond Memorial Drive,

Rockingham, NC 28379

(910) 410-9539

For more information on FirstHealth Rehabilitation or Vestibular Rehabilitation, call (910) 715-1600 or e-mail rehab@firsthealth.org.

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(910) 715-1600

www.firsthealth.org/rehab

