

# Why see a PT for Dizziness?

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## FACT SHEET



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## *Why should I see a physical therapist for dizziness?*

If you are dizzy, the cause may be due to an inner ear, or vestibular disorder. Physical therapists often specialize in an area of therapy called vestibular rehabilitation, in which therapists work to improve the symptoms of dizziness and the balance problems that you may also experience.

Much of a therapist's job is to help get a person moving again and manage the dizziness at the same time. Exercise and performing daily activities are the primary ways of accomplishing this goal. Physical therapists can provide essential coping strategies that make recovery more tolerable. If specific activities or chores around the house cause dizziness, then learning ways to perform them differently may help to keep the dizziness to a minimum. Activities that were simple before the vestibular disorder may become difficult and cause fatigue and dizziness. A therapist can help you work through some of these issues right away and get you moving, and back to a productive life more quickly.

Therapy for vestibular disorders takes many forms. The type of exercise utilized depends upon the unique problems that the individual demonstrates during the evaluation. Some exercises are geared toward helping with balance, some with helping the brain resolve differences in the inner ear signals, and some with improving the ability to visually focus. In addition, general exercise is often prescribed to improve overall physical health and well-being.

Regardless of the cause of your vestibular disorder, the sooner you start therapy the better. Research has shown that the brain and inner ears work best for compensation, or recovery, in the first few months after a vestibular deficit occurs. This time period is optimal for vestibular rehabilitation to promote the best chance for recovery.