

## Mission

Jackson County Physical Therapy is committed to supporting you on your return to optimal health and well-being.

## Vision

Jackson County Physical Therapy aspires to improve the quality of life of our patients by creating an environment that promotes wellness. We are committed to providing an experienced, caring staff dedicated to learning, teaching and personal development. We strive for a safe and confidential setting with unparalleled individualized care. We will listen compassionately to your concerns and consistently provide our services with integrity.



[www.jc-pt.com](http://www.jc-pt.com)



### ASHLAND

370 E. Hersey St. Ste. 1  
Ashland, OR 97520  
(541) 482-6360

### EAGLE POINT

158 W. Main St.  
Eagle Point, OR 97524  
(541) 830-0914

### MEDFORD

36 Hawthorne St.  
Medford, OR 97504  
(541) 776-2333

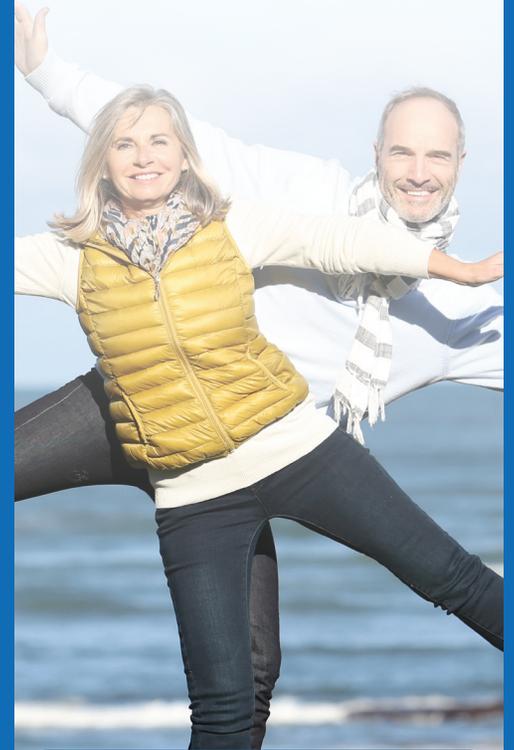
### PHOENIX

242 Fern Valley Rd.  
Phoenix, OR 97535  
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# Vestibular & Balance Disorders

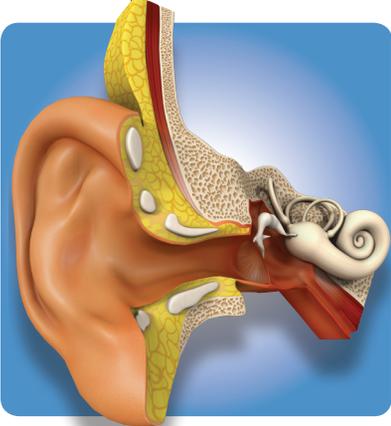


**JACKSON  
COUNTY  
PHYSICAL  
THERAPY, L.L.P.**  
Heal Your Body. Strengthen Your Life.™

## What are vestibular disorders?

The vestibular system is comprised of the inner ear and brain. This system is intimately related to balance, in combination with vision and receptors in your joints. When one or more of these components are not

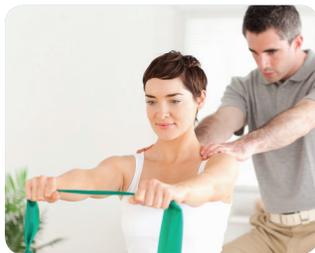
working properly, you can experience a variety of dizzy symptoms and decreased balance.



Vestibular disorders and balance deficits can be quite common, especially in older adults.

## Sign and Symptoms of Vestibular Disorders:

- Dizziness
- Vertigo
- Nausea
- Hearing loss
- Change in vision
- Ringing in ears
- Imbalance/Falls
- Gaze instability



## Common Vestibular Disorders:

- BPPV (Benign Paroxysmal Positional Vertigo)
- Vestibular Neuritis
- Labyrinthitis
- Acoustic neuroma - post resection
- TIA (Transient Ischemic Attack) or CVA (stroke) induced vertigo
- Concussion induced vertigo
- Gaze instability
- Presbystasis (age related balance disorders)
- Cervicogenic dizziness

## Vestibular Treatments:

Jackson County Physical Therapy provides one on one patient/physical therapist care with personalized treatment based on your specific needs. Your treatment may include:

- Balance exercises
- Canalith repositioning maneuvers – the most common is known as the Epley maneuver
- Visual stabilization exercises
- Fall prevention
- Lower extremity and core strengthening
- Home management techniques
- Habituation exercises

## How can physical therapy help?

Physical therapists can provide an accurate diagnosis based on your specific signs and symptoms, perform individualized treatment, and establish a personalized home program. In addition, physical therapists will help retrain your vestibular system to decrease symptoms, improve your balance through exercise, improve your walking ability, teach self management strategies to avoid falls, and assist you in returning to a full and active life.

## How do you know if you are appropriate for physical therapy?

Your doctor may refer you to physical



therapy for many reasons related to balance and vestibular dysfunction. If you are experiencing any of the above listed impairments, ask your doctor if physical therapy is right for you. Your JCPT physical therapist will perform a full assessment and prescribe appropriate exercises and techniques to help you reach

your goals.