

Scheduling an appointment

If you think you would benefit from our specialized treatment, contact your primary care physician's office and request a referral for balance assessment and treatment. If your physician determines a video nystagmogram (VNG) is necessary, a prescription can be written and the test will be scheduled. This is a very comprehensive process, requiring at least 2.5 hours for testing and initiation of treatment.

EntireCare is located off the Outpatient lobby at Verde Valley Medical Center, 269 S. Candy Lane. This is most easily accessed through the Outpatient services entrance off W State Route 89A. Please note that a physician referral is necessary for vestibular rehab or VNG testing prior to scheduling an appointment.

*At **EntireCare**, we have developed a program consisting of an evaluation and treatment including exercise, lifestyle changes, energy conservation and a home program.*

*At **EntireCare** we understand the importance of good health, exercise and daily activity.*

That is why our mission is to improve the health of the people and communities we serve.

With a physician's order most insurance companies will cover some or all of the cost associated with these programs.

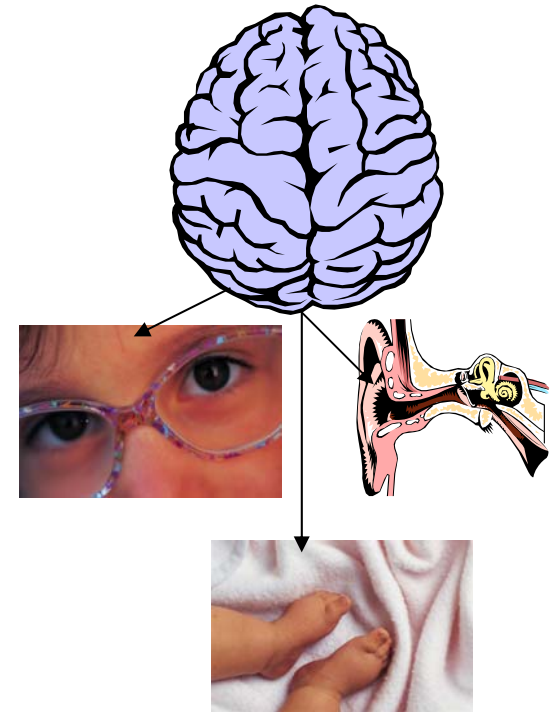
***EntireCare** will be happy to assist you in determining your coverage.*

For more information contact:

(928) 639-6383

EntireCare is located within Verde Valley Medical Center, 269 S. Candy Lane, Cottonwood, off W. State Route 89A. Please enter through the Outpatient Services entrance.

VESTIBULAR TESTING AND REHAB



Balance is the coordination of eyes, ears and feet.



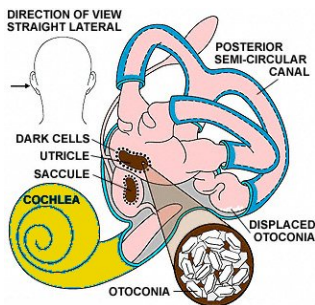
What is dizziness?

Dizziness is described as a sensation of whirling or feeling a tendency to fall. True vertigo is the sensation of moving around in space (while actually still) or of having objects move around you. Some people describe it as feeling lightheaded.

What is the vestibular system and how does it affect my balance?

Three components built into human physiology help maintain balance:

- Eyes, we can see what is vertical and horizontal.
- Inner ear, the fluid within the inner ear moves, or shifts to help keep us upright (like the fluid in a carpenter's level).
- The bottom of our feet as well as muscles and joints of the legs which give us information about the position our body is in.



Each inner ear contains three tiny bones to help with hearing but also three semicircular canals and the transmitting apparatus to the nerve. Nerve signals instantaneously coordinate with the eyes, brain, and feet to provide constant feedback on where we are in space, and if we are moving or still.

What causes dizziness?

Some types of dizziness are caused by problems between the inner ear and brain. BPV (benign positional vertigo) produces severe dizziness with turning over in bed. This is caused by crystals in the vestibular system becoming lodged in the semicircular canals of the inner ear. Vestibular loss or damage to nerve fibers of the vestibular system may be caused by infection, medication toxicity, or a bad fall/blow to the head.

Other types of dizziness are caused by changes in the central nervous system. These may be due to tumors, stroke, disease, contusion, or aging.

Still other types of dizziness may be caused by chronic neck pain, TMJ (jaw) dysfunction, medications, inner ear infection, blood pressure problems, toxins, migraine headaches, or Meniere's disease.

How is it diagnosed?

The vestibular testing program at VVMC uses leading edge technology to test the interrelationship between the three systems of balance. The MedTrak balance testing system uses computerized measurements of eye movement for those with balance problems. Abnormal eye movement, called nystagmus, is a major indicator of what may be causing dizziness episodes.

A test of a patient's vestibular system is officially called an electronystagmogram (ENG), and is routinely performed for patients

with dizziness. We use a golfball-sized camera to video record eye movements during testing called video nystagmogram (VNG). Standing balance is checked with a balance platform using a computer monitor much like a video game. Information from these tests helps direct the type of treatment given.

How can rehab help?

Once we have completed our comprehensive assessment, VNG reports are sent to the neurologist, for interpretation. If physical therapy is indicated, you will be started immediately on a home exercise program to improve the coordination between your eyes, ears, and feet depending upon your particular deficit.

Tips for preventing falls.

- Have your vision and hearing checked regularly.
- Get up slowly.
- Exercise regularly in a safe (controlled) environment.
- Remove raised doorway thresholds in all rooms.
- Keep electrical cords and furniture out of walking path.
- Avoid difficult to reach shelves.
- Be sure stairways and entryways are well lit and have sturdy handrails for grab bars.
- Install grab bars and non-skid mats outside of showers and tubs.
- Put a light switch by the bedroom door and by your bed so you don't have to walk across a dark room.
- Follow your physician's advice before beginning any exercise program.