



Stephanie Lewellen, PT

A physical therapist trained in vestibular rehabilitation, close to home, here at Logansport Memorial Hospital.

Stephanie Lewellen is a 2001 graduate of Indiana University's Physical Therapy program with a Bachelor's of Science in Physical Therapy. She has been working at Logansport Memorial Hospital for 17 years and has been treating patients with vestibular disorders for more than 10 years in both the inpatient and outpatient setting. She is motivated to assist her patients in overcoming their dizziness and balance deficits so that they may regain functional independence and return successfully to their prior level of function.

"I thoroughly enjoy treating patients with vestibular disorders and seeing them achieve their goals and return to a greater level of independence."

Expert care for physical therapy services.

Logansport Memorial Hospital's experienced physical therapy team helps patients develop, maintain and restore maximum movement and function when those abilities have been threatened by aging, injury, disease or environmental factors.

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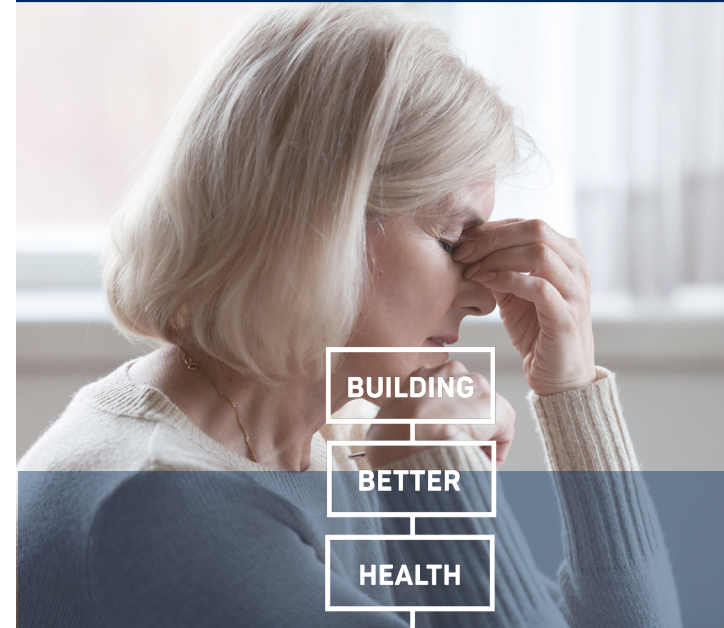
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Vestibular Rehabilitation



Physical Therapy



Vestibular Rehabilitation

from Logansport Memorial Hospital

What is vestibular rehabilitation

The vestibular system includes parts of the inner ear and brain that help control balance and eye movements. If the system is damaged by disease, aging or injury, vestibular disorders can result and are often associated with symptoms such as vertigo and dizziness.

Patients experiencing symptoms of vestibular dysfunction may benefit from vestibular rehabilitation - an approach of physical therapy designed at decreasing dizziness, vertigo and imbalance.

Vestibular dysfunction and balance

Symptoms of vestibular dysfunction can lead to serious harm if not addressed appropriately. Falls are the leading cause of death and disability for the elderly. Experiencing common symptoms including dizziness or imbalance can increase the chance of falling. Thirty-five percent of adults over the age of 40 have vestibular dysfunction which has been shown to increase the risk of falling by twelvefold.

Who would benefit from vestibular rehabilitation

Patients with symptoms associated with diseases such as:

- Benign Paroxysmal Positional Vertigo (BPPV)
- Labrynthitis
- Vestibular neuritis
- Meniere's syndrome
- Cervicogenic dizziness
- Vestibular migraines



Providing the highest level of quality care for vestibular rehabilitation therapy.

Common symptoms that can be helped with vestibular rehabilitation

- Dizziness or blurry vision
- Neck tightness, stiffness and/or pain
- Imbalance
- Severe headaches
- Frequent falls

What to expect during a physical therapy evaluation

- Interview to discuss symptoms, complaints and functional limitations
- Neurological and musculoskeletal exam
- Oculomotor exam
- Vertigo assessment
- Positional testing
- Balance exam

What to expect with physical therapy treatment

Each patient will participate in an individualized program which may include:

- Patient education
- Home exercise program
- Repositioning maneuvers
- Habituation exercises
- Eye exercises (gaze stabilization)
- Balance exercises
- Conditioning exercises
- Functional training

Goals + objectives of treatment

- Decrease patient feelings of vertigo and dizziness
- Improve balance and decrease fall risk
- Improve gaze stability
- Improve overall endurance

How successful is treatment

Many times, vestibular rehabilitation therapy will be the only form of treatment needed for patients. Other times it will require a multi-disciplinary approach. In most cases, patients that continue to perform the exercises they have learned will see a significant decrease or complete resolution of their balance and dizziness issues.

Referrals

Referrals for patients with vestibular disorders will be accepted from any physician.