CONGRUENCE
PHYSICAL THERAPY & WELLNESS

FEELING DIZZY?

More than **1/3** of adults in the U.S. 40 and older have experienced some sort of vestibular dysfunction.*

BALANCE

Balance is controlled by:

- the inner ear (vestibular system)
- the eyes (vision)
- sense of touch (proprioception)

SYMPTOMS

You may experience one or several symptoms.

BALANCE PROBLEMS

- **VERTIGO** (sensation of movement)
- **DIZZINESS**
- **IMBALANCE**

DIAGNOSIS

Vestibular disorders are not easy to diagnose. On average, patients consult 4 or 5 doctors before receiving a diagnosis.**

Your doctor will take a medical history and may order several types of testing, including:

HEARING

BALANCE

VISION

Getting a diagnosis may mean ruling out other conditions. Your condition may be short-term (acute) or long-term (chronic).

TREATMENT

Your treatment will depend on your diagnosis.

- **PHYSICAL THERAPY**
- **POSITIONING MANEUVERS**
- **DIET & LIFESTYLE CHANGES**
- **MEDICATION**
- **SURGERY**
- **COUNSELING**

WHAT SHOULD I DO?

To learn more and find a spcialist:
vestibular.org

VEDA
LIFE REBALANCED

* Agrawal Y, Carey JP, Della Santina CC, Schubert MC, Minor LB. Disorders of balance and vestibular function in US adults: data from the National Health and Nutrition Examination Survey, 2001-2004. Arch Intern Med. 2009;169(10):938-944. **VEDA survey, 2011