

Vestibular Rehabilitation

CARLE THERAPY SERVICES

The Carle Foundation complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-217-383-2543.

UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 1-217-326-0340.

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611 W. Park St., Urbana, IL 61801 | (217) 383-3311 | carle.org
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Vestibular rehabilitation can help patients who suffer from dizziness and/or balance problems, including patients with and without inner ear issues.

Dizziness and balance symptoms may include a spinning sensation, dizziness with rolling and position changes, unsteadiness, veering while walking, falls and a general feeling of motion or sway.

Physical therapists who specialize in vestibular rehabilitation will perform a thorough evaluation that often includes testing for common dizziness conditions, like benign vertigo, as well as further testing for other possible causes of dizziness. A balance assessment, including walking ability tests, is typically performed during the initial assessment as well.

TREATMENTS INCLUDE, BUT AREN'T LIMITED TO:

- Repositioning techniques for treatment of benign vertigo.
- Exercises to treat other possible causes of dizziness, including habituation and eye-head exercise.
- Flexibility and strength training.
- Balance training in both standing and walking postures.
- Home exercise program instruction.
- Neck and back exercise, including postural re-education.

REFER A PATIENT

Choose one of these three convenient ways:

- Submit an internal referral through Epic.
- Call us with the referral at (866) 402-2753 or (217) 383-4040.
- Fax a prescription to (217) 383-6176.

INSURANCE

Patients should contact their insurance provider to determine coverage before making an appointment.

LOCATIONS

Carle Urbana North Annex
810 W. Anthony Dr., Urbana, IL
(217) 383-3400

Carle Neuroscience Institute
610 N. Lincoln Ave., Urbana, IL
(217) 326-1903

Carle Danville on Vermilion
2300 N. Vermilion St., Danville, IL
(217) 431-7930

Carle Therapy Services Mattoon/Charleston
5731 Park Dr., Charleston, IL
(217) 238-5666