

Why See A PT for Dizziness?

Author: Laura O. Morris, PT, NCS

Fact Sheet

Why should I see a physical therapist for dizziness?

If you are dizzy or off balance, you may have an inner ear, or vestibular problem. Many people with inner ear damage may stop exercising or moving their head. Some physical therapists are specially trained to treat the dizziness and balance problems that you may have.

When you start moving again with the help of your therapist, your dizziness will improve. Performing your normal activities and physical exercise can help you reach your goals. PTs can teach you strategies to help you gradually recover. If specific activities or chores around the house cause you to feel off balance, you will learn how to do them safely. Activities that were simple before the vestibular disorder may become difficult and cause fatigue and dizziness.

You will be given exercises depending on what problems the PT finds on your first visit. Exercises are designed to improve your balance and ability to see clearly when you move your head. In addition, general exercises including walking outdoors are often prescribed to improve overall physical health and endurance.

It is important to start your therapy as soon as your physician refers you to a PT. The brain and inner ear system recover best in the first few months after the vestibular system is damaged.

Produced by



A Special Interest
Group of



Contact us:

ANPT

5841 Cedar Lake Rd S.

Ste 204

Minneapolis, MN 55416

Phone: 952.646.2038

Fax: 952.545.6073

info@neuropt.org

www.neuropt.org

a component of

