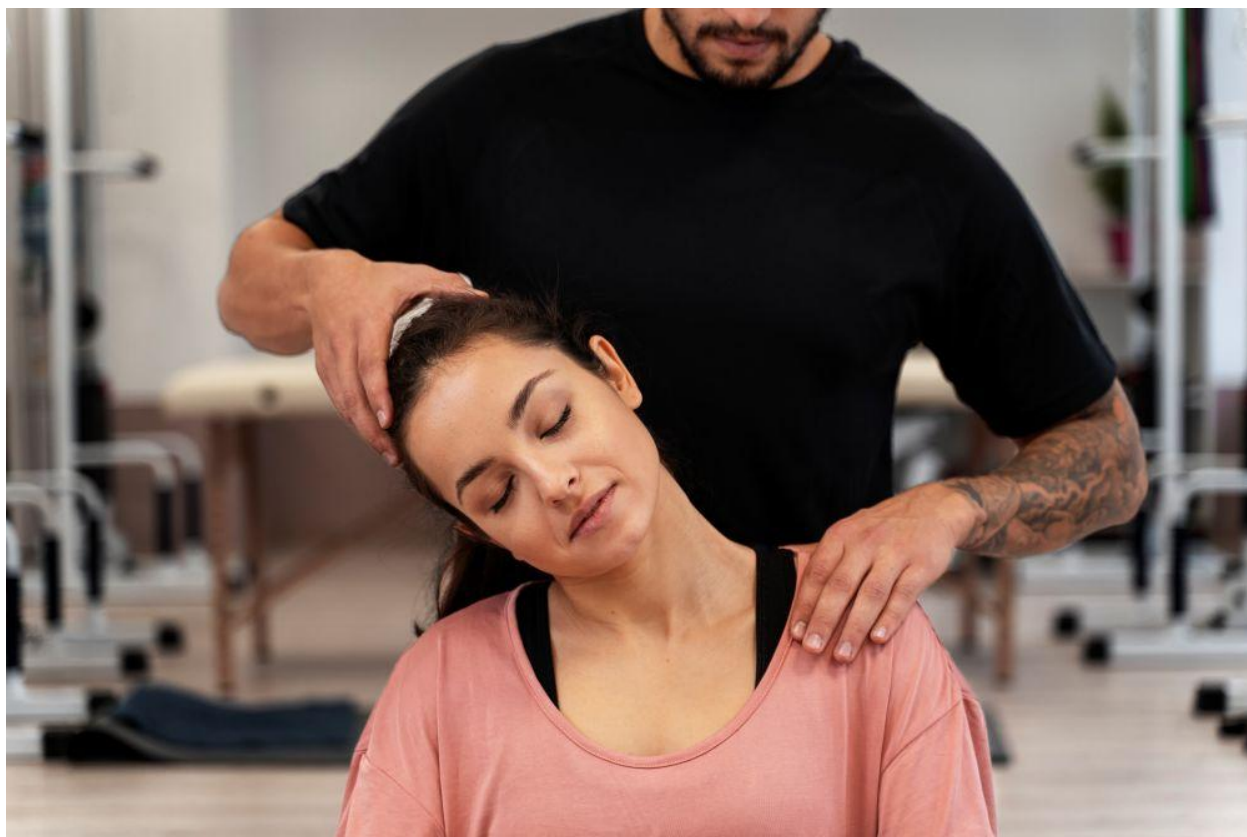


Vestibular Physiotherapy in Edmonton: Common Causes of Dizziness, Vertigo & Balance Problems

[Vestibular physiotherapy near me](#) is a common search for people dealing with dizziness, vertigo, balance difficulties, or sensitivity to movement. These symptoms may make simple activities such as walking, turning your head, getting out of bed, or shopping in busy places more difficult.



Dizziness does not always have one clear cause. Vestibular physiotherapy may be considered after an appropriate assessment to understand your symptoms and determine whether physiotherapy may be suitable.

What Does Vestibular Physiotherapy Address?

Vestibular physiotherapy focuses on movement and balance concerns related to the vestibular system. The vestibular system, located in the inner ear, works with the eyes and body to help maintain balance and understand movement.

An assessment may include questions about your symptoms, balance activities, eye and head movements, walking, and movements that bring on dizziness. The findings may help guide an individualized treatment approach.

BPPV and Positional Vertigo

Benign paroxysmal positional vertigo, or BPPV, is one possible cause of brief episodes of vertigo. Symptoms may occur when you roll over in bed, lie down, sit up, bend forward, or look upward.

When an assessment is consistent with BPPV, specific positional techniques may be considered. Your physiotherapist may also provide information about movements and activities related to your symptoms.

Dizziness After a Vestibular Problem

Some people may continue to experience dizziness or unsteadiness after an initial vestibular condition. Symptoms may become noticeable when walking, turning the head, or changing direction.

Vestibular physiotherapy may include exercises involving eye and head movements, balance activities, and gradual exposure to movements that bring on symptoms.

Balance Difficulties

Balance problems may occur for several reasons. Vestibular changes may contribute, but vision, muscle strength, neurological factors, medications, and other health concerns may also affect balance.

A physiotherapy assessment may help identify movement factors that could be addressed with appropriate exercises and education. Depending on the findings, another healthcare professional may also be recommended.

Motion Sensitivity

Some people notice dizziness or discomfort when travelling in a vehicle, watching moving objects, turning the head, or walking through visually busy environments.

Exercises used in vestibular physiotherapy may involve controlled eye, head, and body movements. These activities may be adjusted according to symptoms and assessment findings.

Persistent Dizziness

Ongoing dizziness or unsteadiness may affect concentration, walking, exercise, work, and other daily activities. Some people may notice that symptoms become more noticeable when standing, moving, or being exposed to busy visual environments.



A physiotherapy assessment may help identify factors associated with movement and balance. Depending on the assessment, treatment may include balance activities, movement exercises, and education.

What May Happen During a Vestibular Physiotherapy Assessment?

If you are searching for **vestibular physiotherapy near me**, you may wonder what to expect during an assessment.

Your physiotherapist may ask about:

- When your dizziness or vertigo started
- What activities bring on your symptoms
- How long symptoms usually last
- Whether you experience balance difficulties
- Whether head or eye movements affect your symptoms
- How your symptoms affect daily activities

The assessment may also include balance, walking, eye, head, and movement-related activities. The specific assessment depends on your symptoms and individual situation.

Exercises Used in Vestibular Physiotherapy

Depending on the assessment, exercises may include:

- Balance exercises
- Gaze stabilization activities
- Eye and head movement exercises
- Walking exercises
- Movement activities
- Positional techniques for appropriate cases of BPPV

Exercises are not the same for everyone. Your physiotherapist may adjust the activities according to your symptoms, movement abilities, and assessment findings.

When Should You Seek Further Assessment?

Dizziness and balance problems may have different causes. If symptoms are new, severe, persistent, or associated with other concerning changes, speaking with an appropriate healthcare professional may be important.

Physiotherapy may not be suitable for every cause of dizziness. An assessment may help determine whether vestibular physiotherapy is an appropriate option or whether further medical evaluation may be needed.

Vestibular Physiotherapy in Edmonton

Finding **vestibular physiotherapy in Edmonton** may be an important step for people experiencing dizziness, vertigo, or balance concerns. Understanding the possible cause of your symptoms may help guide the next steps.

If you are searching for **vestibular physiotherapy Edmonton**, Turning Point Physiotherapy provides physiotherapy assessment and support for vestibular and balance-related concerns.

Visit the clinic website to learn more about vestibular physiotherapy services in Edmonton and whether an assessment may be appropriate for your needs.