



PHYSIOTHERAPY

Vertigo, Dizziness & Balance

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Vertigo and dizziness can affect confidence, balance, and daily activities. Symptoms may include spinning sensations, unsteadiness, or nausea, and are often linked to inner ear or neck-related conditions.

Physiotherapy Perspective

Physiotherapy for vertigo focuses on the vestibular system, neck mobility, and the body's balance responses. Symptoms are addressed through guided movement and nervous system retraining.

Supportive Care

Physiotherapy may include vestibular rehabilitation exercises, balance training, and gentle manual techniques to support stability and reduce symptoms over time.

What You Can Do at Home

- Move slowly and mindfully during symptom flare-ups
- Avoid sudden head movements when possible
- Follow prescribed vestibular exercises

Who It's For

- Vertigo or dizziness
- Balance and coordination issues
- BPPV and vestibular conditions
- Post-concussion or neck-related dizziness

Physiotherapy can play a key role in restoring balance and confidence.

