

Severna Park Physical Therapy

Vestibular Rehabilitation

Vestibular Rehabilitation

VRT, or Vestibular Rehabilitation Therapy is a therapeutic program designed to treat people experiencing dizziness, vertigo and inner ear dysfunction. Our goal is to help people improve their mobility while managing their symptoms at the same time.

Treatment by a physical therapist for vestibular rehabilitation includes:

- A comprehensive evaluation of vertigo symptoms, balance, and general functional mobility.
- A personalized treatment program specifically designed to address your functional limitations.
- Therapeutic Exercise to improve your symptoms of vertigo.
- Strategies to help you cope with your symptoms and tolerate movement.
- A personalized home exercise program and guidance on long-term wellness programs to maintain your progress.

Vestibular Disorders

Vestibular Disorders can result from disease or injury that impacts the vestibular system. The vestibular system is composed of the inner ear and sections of the brain that process sensory information involved with controlling balance and eye movements.

There are many reasons dizziness can occur, such as:

- Benign Paroxysmal Positional Vertigo (BPPV)
- Inner ear infections
- Migraines
- Meniere's Disease
- Brain tumors
- Stroke
- Brain injury
- Other nervous system diseases

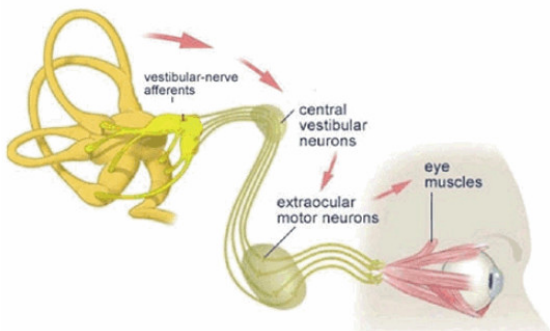
Symptoms of vestibular disorders vary, but may include:

- Dizziness
- Vertigo
- Motion Sickness
- Balance Deficits
- Gait Deviations
- History of Falls
- Unilateral/Bilateral Vestibular Loss
- Unilateral Hypofunction

Our Practice Therapist

Renee Volpe VanWie, MS, PT, OCS

Graduated Magna Cum Laude from the University of Pittsburgh with a Bachelor of Science degree in Physical Therapy in 1982 and a Master of Science degree in Health Science Administration and Community Health from Towson State University in 1994. Renee is board certified as an Orthopedic Clinical Specialist by the American Board of Physical Therapy Specialists. Prior to opening Severna Park Physical Therapy in 1988, she worked in various outpatient clinics and specialized in orthopedics, fibromyalgia, chronic pain, incontinence, and vestibular rehabilitation. Aside from her clinical work she is a certified "People with Arthritis Can Exercise" instructor and "Fibromyalgia Self Help Class" instructor. Renee is a member of the American Physical Therapy Association including its Orthopedic and Women's Health sections. She is married with three wonderful children.



Severna Park Physical Therapy

844 Ritchie Highway, Suite 208, Severna Park, MD 21146
Phone: 410-544-0773