

**IRG CLINIC LOCATIONS**

ARLINGTON PHYSICAL THERAPY

EDMONDS HAND THERAPY

EVERETT PHYSICAL THERAPY &  
SPORTS PERFORMANCE CENTER

EVERGREEN PHYSICAL THERAPY  
CENTER & PILATES STUDIO

GRANITE FALLS PHYSICAL THERAPY

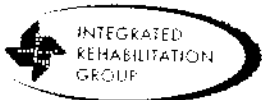
MAUKLETD PHYSICAL THERAPY

MURPHY'S CORNER PHYSICAL THERAPY  
IN MILL CREEK

REDMOND RIDGE PHYSICAL THERAPY

SILVER LAKE PHYSICAL THERAPY

SHOHOMISH PHYSICAL THERAPY



INTEGRATED  
REHABILITATION  
GROUP

Physical & Hand Therapy Services

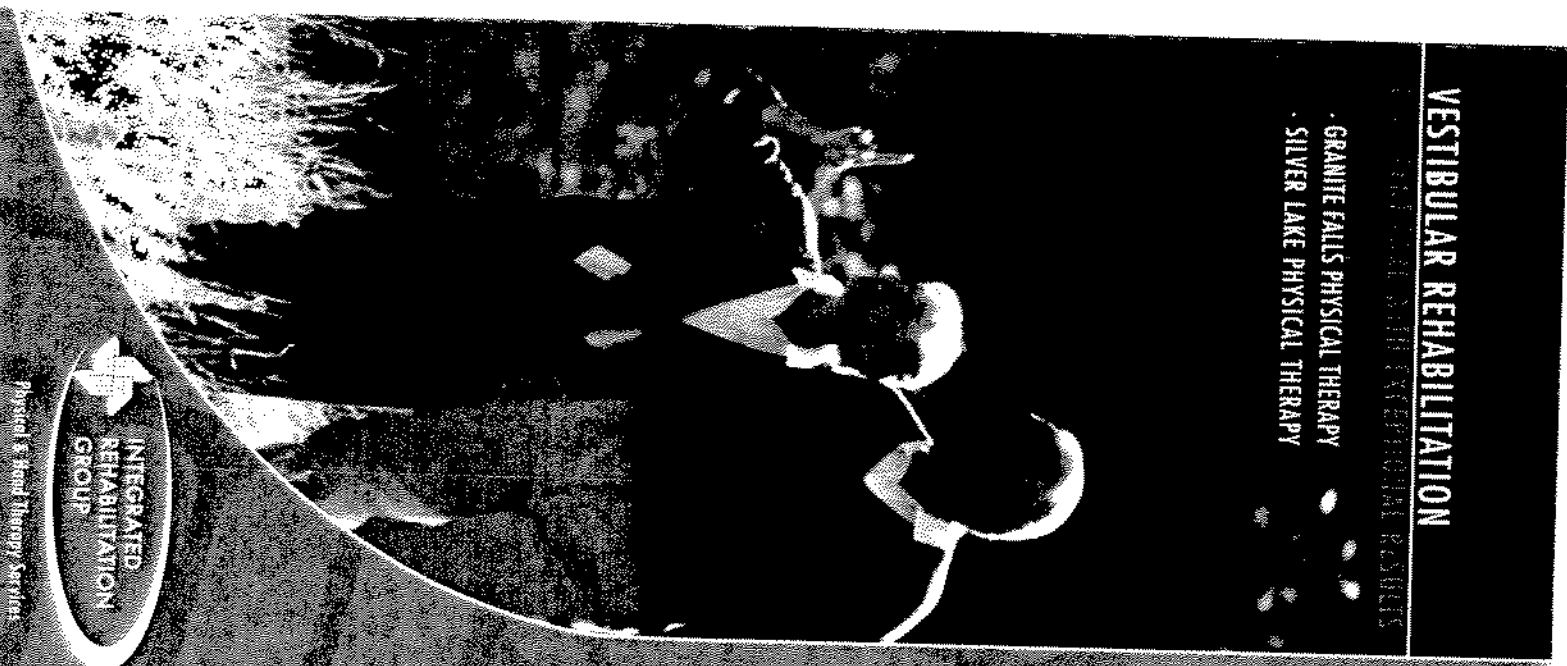
1519 132nd Street SE, Suite A  
Everett, WA 98208

EXCELLENT CARE WITH EXCEPTIONAL RESULTS

**VESTIBULAR REHABILITATION**

EXCELLENT CARE WITH EXCEPTIONAL RESULTS

- GRANITE FALLS PHYSICAL THERAPY
- SILVER LAKE PHYSICAL THERAPY



INTEGRATED  
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GROUP

Physical & Hand Therapy Services



## DIZZINESS AND IMBALANCE IN PATIENTS

Forty percent of people over the age of 40 experience dizziness or balance problems of some sort in their life. Balance disorders are a significant risk factor for falls in elderly individuals, which are a leading cause of serious injury. There are many causes for dizziness, but a large percentage is caused by an imbalance or loss within the peripheral vestibular system. Many individuals who suffer from inner ear problems are not amenable to surgical or pharmacological treatments which can often retard the recovery process.

## WHAT IS VESTIBULAR REHABILITATION?

Vestibular rehabilitation is an exercise approach to treating symptoms of dizziness associated with peripheral vestibular pathology. It's a form of treatment involving specific exercises designed to:

- decrease dizziness
- increase balance function
- increase general activity levels

## WHO NEEDS VESTIBULAR REHABILITATION?

- Patients with unresolved inner ear disorders
- Patients with signs of abnormal loss of vestibular function
- Patients who have surgery for unresolved vestibular problems

## OUR EXPERTISE CAN HELP

Recent studies have shown that patients often benefit from rehabilitation exercises that enhance the signal pathway system's adaptation process to inner ear dysfunction, improve the patient's postural stability, or reduce the specific symptoms. Our therapists have specialized training in vestibular rehabilitation programs and understand the needs of the population. We place great importance on patient education throughout the recovery process and make it our goal to reduce and assist patients in self management of their symptoms.

## SERVICES

Our Vestibular Rehabilitation Program covers a variety of services and takes into account the specific needs of each patient. The include:

- Examination to determine rehabilitation potential for symptoms of dizziness and instability with a probable vestibular etiology
- Comprehensive examination to establish baseline function and document change over time
- Development of a customized rehabilitation program designed to improve symptoms and restore function

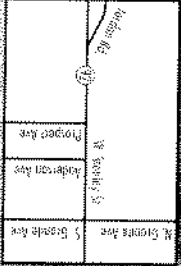
## EXERCISES

Our exercise program is designed to promote central nervous system compensation for the inner ear deficits. Patients are asked to exercise daily at home and to visit their physical therapist during an initial period of four to six weeks.

## IRIG VESTIBULAR CLINIC LOCATION

### GRANITE FALLS PHYSICAL THERAPY

403 W. Sundry, Suite  
PO Box 1875  
Granite Falls, WA 97237  
509-691-4835  
360-691-2515 fax



### SILVER LAKE PHYSICAL THERAPY

10207 19th Avenue SE  
Everett, WA 98208  
425-337-3166  
425-338-4586 fax

