



Banner Good Samaritan
Medical Center



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Dizziness and Disequilibrium

Dizziness is not uncommon. Actually, physicians report it as the second most common complaint by their patients.

To help your physician determine the cause of a dizziness or balance problem, you should have a comprehensive medical evaluation. This evaluation may include a referral to a neuro-otologist, neurologist, audiologist, and/or an otolaryngologist (ear, nose, throat).

The Vestibular and Balance Center at Banner Good Samaritan Medical Center has been treating patients with balance disorders for over 20 years.

Most often, dizziness or imbalance results from an inner ear disorder, or one of the vestibular system. These symptoms can interfere with your ability to enjoy life or lead to serious injury. Once a person has fallen, they have an even greater fear of falling again. So they stop being as active and lose strength, flexibility, and mobility, making another fall or injury more likely.

Do you suffer from these symptoms?

- Continuous or episodic dizziness
- Unsteadiness
- Tendency to fall or fear that you will fall
- Trouble maintaining your balance
- Drifting to one side when you walk
- Feel like you are on a “rocking boat”
- Nausea

Balance problems can happen for a variety of reasons. These are just a few of the more than 200 conditions that can produce symptoms of



Vestibular therapists use several techniques, including the Epley Maneuver Method to determine the origin of balance disorders and prescribe a course of rehabilitation treatment to alleviate the problem.

dizziness. If you suffer from any of these symptoms, you should schedule a consultation with your physician.

What's Involved in the Comprehensive Evaluation?

Banner Good Samaritan can provide a comprehensive evaluation of dizziness, imbalance and vertigo. Banner Good Samaritan provides the latest standards of care for the diagnosis of dizziness and balance problems. All of our diagnoses are evidence-based from the test results, and our treatment plans are driven by the outcome of your results.

Our Mission:

We exist to make a difference in people's lives through excellent patient care.

A certified vestibular therapist can offer assessment of head and eye coordination, strength, walking, balance skills and movement tolerance to identify other problems affecting your balance.

This collaboration between our health care professionals and your physician allows us to provide the best comprehensive care to diagnose and treat any disequilibrium you may be experiencing.

Treatment for Dizziness and Balance Problems

This type of treatment can be prescribed by your physicians following diagnosis of a specific condition or disease. Some diagnoses require medical or surgical treatment, but many conditions improve with specialized vestibular or balance therapy. This therapy uses exercises to reduce the severity of dizziness or balance problems. It also helps you learn to compensate for your balance disorder.

Balance and Vestibular Services

- Vestibular/Balance Assessment
- Rehabilitative Balance Therapy
- Comprehensive Physical/Occupational Therapy

- Evaluation and Treatment
- Fall Prevention Education

Is a Physician's Referral Needed to Receive Testing and/or Therapy?

Yes, but dizziness can be caused by many things and not all of them result from vestibular deficits. For this reason, it is vital that you receive a medical evaluation before you begin a therapy program. You may be referred by your family physician or a specialist.

For more information, please call the Banner Good Samaritan Rehabilitation Institute's Vestibular Rehabilitation office at (602) 839-2317.

Vestibular Rehabilitation is available at other Banner Health facilities in the greater Phoenix area. For more information, please contact:

- Banner Baywood Medical Center (east Mesa) at (480) 981-4240
- Banner Desert Medical Center (Mesa) at (480) 512-3630, or
- Banner Thunderbird Medical Center (Glendale) at (602) 865-5830

In Focus

Positional Vertigo Outcome Studies

Benign Paroxysmal Positional Vertigo (BPPV) is a treatable disorder that presents as brief spells of vertigo occurring as a person changes position. Oftentimes, people report a spinning sensation when they roll in bed or when they get up first thing in the morning.

The departments of vestibular rehabilitation at Banner Good Samaritan and Macias Otology have published two outcome studies in the journal *Laryngoscope* regarding BPPV.

The first study, "Variables Affecting Treatment in BPPV," was a retrospective review of 259 patients. The study showed that completing the Canalith Repositioning Maneuver (aka: the Epley Maneuver) resulted in a 98.4 percent success rate with only one to three visits to the vestibular clinic.

The second study, "Vibration with the Canalith Repositioning Maneuver: A Prospective Randomized Study to Determine Efficacy," was published in April 2004. The result was that the use of vibration behind the ear with BPPV provided no additional benefit in initial treatment success or in reducing long-term rates when included in the canalith repositioning maneuver.

The Banner Good Samaritan vestibular clinic continues to develop and perform outcome studies that support the positive effect of vestibular rehabilitation for the population suffering from dizziness and disequilibrium.