



Wellness Embodied

The Vertigo Rehabilitation Program.

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A Personal Message From Suzanne Rath



The symptoms of a vertigo attack can literally make it feel like life is on hold as the simplest things like turning your head, can leave you suddenly feeling unwell and vulnerable.

I have created this information pack to give you more information about how our Vertigo Rehabilitation Program works and what Vestibular Rehab Physiotherapy is..

As a physiotherapist, the most rewarding aspect of our jobs is getting people moving well and achieving their goals. We hope that at the end of this, we might be your choice of physiotherapy provider, however, the most important thing is that you make the right choice, whether it is with us or not.

Still have questions? Please don't hesitate to contact us on

Tel: (07) 4231 9777

Thank you again

Suzanne Rath,
Practice Principal Physiotherapist

Number 1

What can you expect during our comprehensive vertigo assessment?

Each case of dizziness and vertigo we see is different. Our comprehensive 1-hour assessment is in place to allow us to get to know your individual story and circumstances.

We will look at :

- Your history - how your vertigo started and how it affects your day to day life.
- Your current management - such as what medication you may have been prescribed to help you cope with your dizziness.
- Your triggers - it is vital for us to understand what brings your vertigo on and anything that triggers or makes it more intense, as well as anything you have found that relieves your vertigo.



Number 1 (Continued)

What can you expect during our comprehensive vertigo assessment?

Once we have got a detailed history of your vertigo, we will perform a thorough physical examination of:

- Your balance
- Your co-ordination
- Your eye movements
- Your nervous system
- Your biomechanics -
in particular, your neck.



Number 2

What is vestibular rehab physiotherapy?

Most people tend to think of physiotherapists as treating muscular and back problems or getting you moving again after an operation. This is absolutely correct but Physios can help with more problems than you might think.

Here at Wellness Embodied, Cairns, our Vestibular Rehab Physios have undergone additional post graduate training. This training focuses on the nervous system and how the ear and brain work together to control our balance and co-ordination.

Most importantly it deals with what to do when something goes wrong, causing vertigo and or dizziness.

This additional training enables our team to help people struggling with vertigo get back to doing the things they love using our unique Vertigo Rehab Program.

Number 3

What's involved in the treatments?

Every case of vertigo or dizziness that we see is different and each treatment is tailored to your specific circumstances, history and goals. Your treatment may include:

- Hands on treatment to your neck and shoulders. This may involve soft tissue massage and gentle joint mobilisation techniques.
- Cranio-sacral techniques are often used. This gentle approach is ideal for vertigo sufferers.
- Vestibular Rehabilitation exercises to address and improve issues with co-ordination and balance. This really helps you to regain your confidence.
- Positional Vertigo treatment which involves repositioning manoeuvres that help to reset the balance to tissues in your inner ear.



Number 4

Ongoing management

Vertigo can have a huge impact on your life and day to day activity levels. Here at Wellness Embodied, we focus on making sure that you increase your activity levels, sports, return to work in a managed way, that is appropriate for your specific condition and circumstances.

We will put together a thorough back to work/sport/life plan for you and discuss how to manage any residual triggers or symptoms, to put you back in control of your wellbeing and health!



Final Word

Choosing a treatment pathway for your Vertigo can be hard and there can be a lot of conflicting information out there online.

Hopefully, you found this information pack useful but if you still have questions about your Vertigo and whether Vestibular Rehabilitation is suitable for you why not take us up on our FREE Offer.

Book a FREE Vertigo Consultation.

If you are unsure if Vestibular Rehabilitation is the right option for your specific problem, want to know more about what physiotherapy could do for you or just want to speak to a professional about your problem, click the button below to arrange a FREE 15 minute telephone consultation.

One of our highly qualified team will then be in contact to discuss your specific injury.

For appointments please call : (07)42319777