

REHABILITATION SERVICES
OUTPATIENT CLINIC LOCATIONS

POMONA VALLEY HOSPITAL MEDICAL CENTER
Robert & Beverly Lewis Outpatient Pavilion
1798 B N. Garey Avenue Phone: 909.865.9810
Pomona, CA 91767

CHINO HILLS OUTPATIENT CLINIC & AQUATIC POOL
Pomona Valley Health Center Phone: 909.630.7878
2140 Grand Ave., Suite 100
Chino Hills, CA 91709

CLAREMONT OUTPATIENT CLINIC
Pomona Valley Health Center Phone: 909.865.9104
1601 Monte Vista Ave, Suite 220
Claremont, CA 91711

LA VERNE OUTPATIENT CLINIC & AQUATIC POOL
Pomona Valley Health Center Phone: 909.392.6531
2333 Foothill Blvd, Suite A
La Verne, CA 91750

MILESTONES CENTER FOR CHILD DEVELOPMENT—CHINO HILLS
Pomona Valley Health Center Phone: 909.630.7877
2140 Grand Ave., Suite 135
Chino Hills, CA 91709

MILESTONES CENTER FOR CHILD DEVELOPMENT—CLAREMONT
Pomona Valley Health Center Phone: 909.630.7166
1601 Monte Vista Ave, Suite 230
Claremont, CA 91711

Leading the Way in Rehabilitative Healthcare

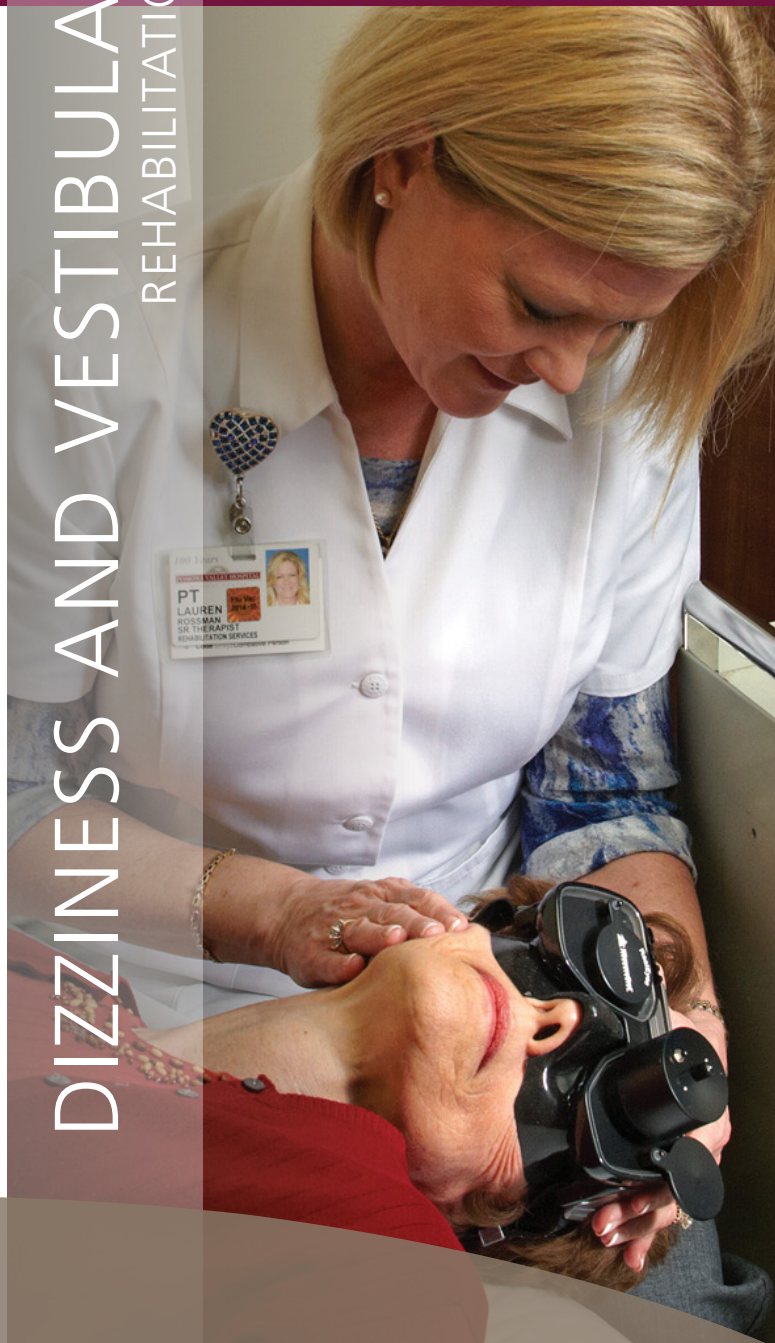
pvhmc.org/Milestones



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Nationally recognized, Pomona Valley Hospital Medical Center is the area's leading provider of comprehensive healthcare with centers of excellence in cancer, heart and vascular, trauma and women's and children's services. We also have an award-winning emergency department and neighborhood health centers for quality care close to home. Through our expert physicians and advanced technology, we offer the perfect blend of state-of-the-art medical treatment and personalized care.



ARE YOU FEELING DIZZY?

If you find yourself losing your balance or feeling dizzy, but don't know why, you're not alone. Dizziness and balance problems are among the most common complaints physicians hear from their patients. Nearly 42% of all adults experience dizziness episodes of such intensity or frequency that they seek medical help. If you are experiencing recurring symptoms of dizziness or vertigo, Vestibular Rehabilitation may help.

WHY IS VESTIBULAR
REHABILITATION SO BENEFICIAL?

Anyone who has suffered from dizziness or spinning can answer this question! These symptoms can be devastating and dramatically impact your life. They may interfere with simple daily tasks, your ability to work, take care of your family, and to remain active and independent. Results of treatment can often be immediate—and with some diagnoses, complaints can be dramatically reduced or abolished in just one treatment!

Vestibular rehabilitation is an exercise approach that has been increasingly used in physical therapy over four decades. The goals are to decrease dizziness, improve balance, and increase general activity levels. Those who may benefit have complaints of dizziness, spinning, and being out of balance. Possible diagnoses include:

- Benign Paroxysmal Positional Vertigo (BPPV)
- Migraine Related Vertigo • Meniere's Syndrome
- Vestibular Neuritis • Vestibular Labrinthitis
- Cervicogenic Dizziness • Acoustic Neuroma
- Neurologic Disorders—such as stroke, brain injury, or multiple sclerosis



Spinning around and around might make you dizzy. That's normal. However, if you get dizzy during normal everyday activities, such as lying down or turning your head while walking, dizziness becomes a serious problem. Vestibular disorders of the inner ear could be the cause of such dizziness and vertigo.

Our highly trained physical therapists have years of experience assessing vestibular disorders and designing exercise programs that can help you overcome your dizziness, address related balance problems and increase your level of confidence.

There are answers and we can help you find them. We invite you to start putting independence back in your life!

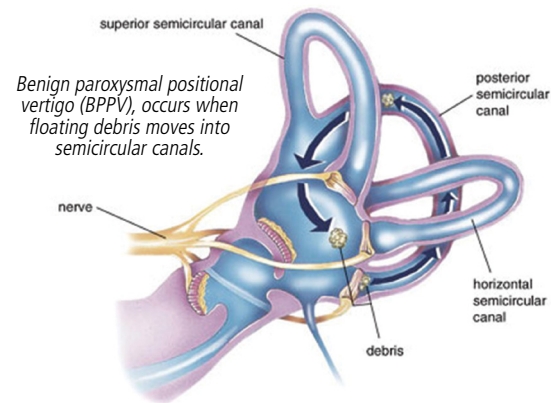
VINCENT VAN GOGH'S PAINTING "STARRY NIGHT" IS REPORTEDLY A REPRESENTATION OF THE DIZZINESS HE EXPERIENCED DUE TO MENIERE'S SYNDROME.

ARE DIZZINESS AND VERTIGO DIFFERENT SYMPTOMS?

Dizziness doesn't feel exactly the same to everyone. Some people feel faint or weak. Some feel light-headed or woozy, and others unsteady.

Vertigo, a form of dizziness, is a feeling of moving when you're not. To some, it feels as if the world is spinning all around them. Others feel as if they are doing the spinning. A sense of falling is often present and moving the head may make it worse. Many times motion sickness or nausea will accompany dizziness and vertigo.

Symptoms may last from seconds to hours and can reoccur frequently. The source may be secondary to anxiety, medication, or the cardiovascular or neurologic systems. Dizziness may also be related to the vestibular system of the inner ear.



WHAT IS THE VESTIBULAR SYSTEM?

To help us keep our balance, the body's vestibular system will detect changes in our head movement and position. This system is located in the inner ear and is made up of three small semi-circular canals, two sensory organs called the utricle and saccule, and the vestibular nerve. When functioning normally, the vestibular system sends information from each ear to the brain, which in turn uses it to maintain balance and visual stability. If there's a problem within this system, both sides don't work together and dizziness will occur. Many times the dizziness can make routine daily tasks and leisure activities difficult to complete. To prevent provoking symptoms, certain movements may tend to be avoided altogether. As a result, this inactivity can lead to deconditioning, and possibly falls and injuries.

WHAT ARE VESTIBULAR THERAPISTS?

The PVHMC physical therapists leading this program each hold a *Certificate of Competency in Vestibular Rehabilitation* from Emory University School of Medicine, the recognized leader in this highly specialized field. Trained in assessing and treating vestibular and neurological disorders, our licensed therapists begin by thoroughly evaluating each patient.

WHAT DOES THE VESTIBULAR REHABILITATION PROGRAM INCLUDE?

— ASSESSMENT —

A detailed evaluation of each patient may include:

- Onset and Pattern of Symptoms and whether it is related to specific positions or activities
- Medication usage
- Vestibular diagnostic tests including the use of REAL EYES goggles to observe eye movement
- Sensation in the legs and feet
- Range of motion in joints critical to maintaining balance
- Strength of major muscles responsible for balance
- Balance and coordination of simple to complex tasks
- Analysis of walking on level and uneven surfaces

— TREATMENT —

Based on the results of the evaluation, an individualized treatment plan will be designed and may include:

- Education of the vestibular and balance systems
- Eye-head coordination activities for gaze stabilization
- Canalith repositioning maneuver
- Balance retraining activities
- Habituation exercise to reduce position or motion-induced dizziness or vertigo
- Conditioning exercises to improve overall fitness
- A home maintenance exercise program

Our vestibular physical therapist will communicate with the patient's physician to ensure complete care. Families are encouraged to attend the initial evaluation and treatment sessions so an accurate foundation of knowledge can be established, progress can be monitored, and instruction in a comprehensive home exercise program can be performed. Diligent performance of the home program will result in a positive outcome.

HOW DO I GET STARTED?

1. Talk to your doctor about your dizziness and ask if vestibular rehabilitation is appropriate for your medical condition.
 - *A prescription from your doctor is required*
2. To schedule your first appointment for "Vestibular Rehabilitation" call us at any one of our rehabilitation outpatient clinics listed on the back panel of this brochure.
 - *Please arrive 30 minutes early for your first therapy appointment*
3. Sessions typically last about one hour. During your first visit, a vestibular therapist will:
 - *Review your prescription for therapy*
 - *Perform an initial evaluation of your condition*
 - *Establish an appropriate treatment plan*
 - *Schedule you for follow-up visits*

WHAT SHOULD I WEAR OR BRING?

- *Wear loose fitting clothing*
- *Wear proper fitting athletic or tennis shoes*
- *Bring any assistive device you may be using*
- *Bring your doctor's prescription for therapy*
- *Bring your insurance card and co-payment*

WHAT IS THE COST OF THE PROGRAM?

- Treatments for vestibular disorders are covered by Medicare and most insurance carriers.
- Insurance co-pays apply to treatment.
- Cash rates are available.

