

## Common Interventions

- Resolving issues relating to benign paroxysmal positional vertigo (BPPV).
- Retraining gaze stability following an episode/condition involving a unilateral or bilateral vestibular hypofunction.
- Balance training (dynamic/postural stability) especially a client who is a fall risk.
- Investigating other contributing mechanisms of vestibular disturbance; psychogenic dizziness or vertigo from anxiety or depression; cervicogenic (muscle/joint)

## Vestibular Rehabilitation Therapist

### Alison Skoblenick

BPHE, BA, CSCS, BAHS, CAT(C)



- Completed Advanced Vestibular Rehab from Bernard Tonks Dizziness & Balance Rehabilitation Clinic
- Certified Athletic Therapist
- Graduated from Sheridan College with a Bachelor of Applied Health Sciences in Athletic Therapy
- Graduated from Queen's University with a Bachelor of Physical and Health Education and a Bachelor of Arts
- Is a Certified Strength and Conditioning Specialist
- Has worked with Rugby Alberta U18 Men's program and was awarded "Therapist of the Year" for her role in developing and implementing specialized mobility, activation and traction sessions for her athletes.
- Alison is also a competitive cheerleading and tumbling coach with Premier Academy

## Services List

- Injury Assessment & Rehabilitation
- MVA Treatment
- Manual & Manipulative Therapy
- Headache & TMJ Treatment
- Post Operative Treatment
- Injury Specific Client Education & Home Programming
- Personal Training/Rehabilitation
- Acupuncture/IMS/Dry Needling
- Chronic Pain & Acute Injury Care
- Running Biomechanics & Gait Analysis
- Gait & Posture Assessment
- ART® (Active Release Techniques)
- Radial Extracorporeal Shockwave Therapy
- Functional Capacity Evaluations (FCE's)
- Myofascial Release & Cupping
- Craniosacral Therapy
- Sport & Therapeutic Massage
- Deep Tissue & Trigger Point Massage
- Courses / Workshops
- Athletic, K-Taping & Taping for Dysfunction
- Custom Foot Orthotics & Custom Knee Bracing
- Muscle Energy Techniques
- Vestibular Rehabilitation Therapy
- Biomechanical Evaluation
- Concussion Testing & Management
- Therapeutic Soft Tissue Laser
- Sports Med Shop - Bracing, Rehab & Exercise Equipment, Sports Medicine Kits, etc.



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"Official Off-Site Supplier of Therapy Services for the Red Deer Rebels"

# Vestibular Rehabilitation Therapy



PHYSIOTHERAPY - ATHLETIC THERAPY - MASSAGE THERAPY

CUSTOM BRACING & ORTHOTICS - VESTIBULAR REHAB - CONCUSSION

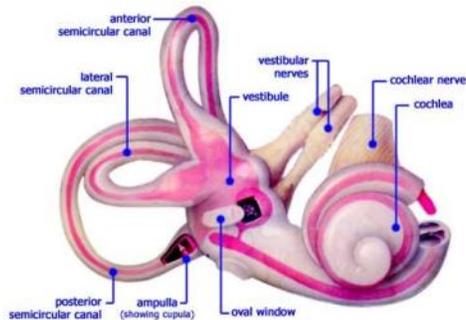
**For appointments call:  
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**Direct Billing Available!**

## What is the Vestibular System?

Areas within the inner ear and certain centers of the brain form the vestibular system thereby providing us with the sense of postural awareness and balance. The vestibular system also contributes to the coordination and stabilization of eye movements for various types and speeds of head motion.



The Inner Ear

## Common Causes of Vestibular Disorders

- A mechanical dysfunction of the inner ear leading to a sensory dysfunction known as Benign Paroxysmal Positional Vertigo (BPPV)
- Head Trauma (whiplash)
- Viral infections of the inner ear
- Degeneration of the vestibular system, typically elderly population
- Vascular insufficiency

## What is the Assessment Like?

The assessment will consist of a detailed verbal history of the patient's vestibular issues and general health. The Therapist asks a series of directed questions to develop a general idea of the vestibular disturbance being presented.

Following the history, the Therapist will:

- a) conduct a variety of specialized physical tests involving a combination of upper body and/or head movements and eye tracking drills.
- b) Narrow down the type of vestibular disturbance and what specific structures may be involved.
- c) Formulate an individualized treatment plan.



## What is Treatment Like?

Depending on the presenting signs and symptoms for the patient, medical history, results from diagnostic tests and the physical examination by Therapist or Physician will ultimately guide the treatment and course of therapy.



Treatment may involve the following:

- In the event of BPPV, a repositioning technique will be performed. This includes specific head and trunk movements guided by the Therapist
- Individualized Home Program can include a combination of body, eye and head exercises in order to retrain the brain to recognize and interpret various sensory inputs. By performing these exercises, the brain will re-learn and adapt to these once provoking stimuli.
- Referral back to your Physician to rule out any other causes if treatment is unsuccessful

## Common Signs & Symptoms of Vestibular Disorders

- Nystagmus
  - involuntary movements of the eyes
- Visual disturbances
- Vertigo
  - perception of the self or room spinning
- Dizziness
- Lightheadedness—faint-like sensation
- Imbalance or unsteadiness
- Gaze Instability
  - Coordinating eye and head movements

***\*\*Clients having dizziness as their main symptom should have a medical assessment by their family Physician prior to starting Vestibular Rehabilitation Therapy.***

## Before Your Appointment

- During or after assessment &/or treatment, it is very likely that signs and symptoms of dizziness, vertigo, or nausea will be provoked. We recommend alternative transportation arrangements be made prior to appointments
- Patients should consider taking adequate measures in reducing any chance of nausea or vomiting sensation. Consultation with your family Physician is advised to choose an appropriate anti nausea medication
- **Please refrain from wearing contact lenses** during assessment. Eye glasses are preferred as some testing requires eyes to be open for extended periods of time and creates drying of contact lenses.