

Patient Information: Balance Rehabilitation

Some patients with dizzy or balance problems may benefit from an individualised rehabilitation programme. This appointment is designed help you with your balance difficulties.

How long will the appointment be?

Your initial vestibular rehabilitation appointment can last up to 90 minutes. If further review appointments are required these can last up to 1 hour.

What to expect during the appointment

A series of exercises involving standing and walking will be carried out to assess troublesome areas. Positional testing will also be completed as this is the most common cause of vestibular problems. An individualised programme of exercises will then be issued for you to complete at home. After a period of time a review will be carried out and exercises progressed as appropriate.

Please Note that there are limited facilities available in the building and it is recommended you bring your own water bottle.