

## INTERDISCIPLINARY TEAM TO TAKE CARE OF YOU

### PHYSIATRY

A physiatrist is a board certified physical medicine and rehabilitation physician, specializing in diagnosing, preventing, and restoring optimal function to individual's with injuries to the bones, muscles, tissues, and nervous system.

### OCCUPATIONAL THERAPY

Occupational therapy focuses on maximizing an individual's ability to regain their functional independence in activities of daily living at work, and community, while maintaining physical, cognitive, and emotional health.

### PHYSICAL THERAPY

Physical Therapy focuses on maximizing functional independence in the environment, home and work through the use of therapeutic exercise, manual therapy, gait training, balance training, and modalities.

### VESTIBULAR REHABILITATION

Vestibular rehabilitation refers to the treatment of patients who report episodes of vertigo and dizziness. Many of the cases involve vestibular (inner ear) disorders such as benign paroxysmal positional vertigo (BPPV), vestibular neuritis, acoustic neuroma and Menier's syndrome. Our rehabilitation includes an individualized program designed by a certified vestibular therapist.

**PLEASE CALL FOR  
APPOINTMENTS**

**1-855-37REHAB (73422)**

Each year, thousands of patients in Queens experience disorders of the bones, joints and muscles. The Orthopaedics and Rehabilitation team at New York Hospital Queens offers the community sophisticated, high-quality orthopaedic and rehabilitative care right here in Queens. The department's staff includes a growing team of full time physicians as well as voluntary attending orthopaedic surgeons.

**Our dedicated staff will work with each patient to develop a specific plan of care to help him/her return to work, recreational activities and maximize functional ability.**

**A higher level of Orthopaedic  
and Rehabilitative care.**

Right here in Queens.

**O U T P A T I E N T  
R E H A B I L I T A T I O N**

### ADDRESS:

**163-03 Horace Harding Expressway  
Fresh Meadows, NY 11365**

### NEW PHONE NUMBER:

**1-855-37REHAB (73422)**

**www.nyhq.org**



**DEPARTMENT OF  
ORTHOPAEDICS &  
REHABILITATION**

**O U T P A T I E N T  
R E H A B I L I T A T I O N**

**BALANCE &  
VESTIBULAR  
REHABILITATION**

*A higher level of Orthopaedic  
and Rehabilitative care.*



## VESTIBULAR REHABILITATION

An estimated 90 million people in America experienced dizziness once in their lifetime. A common cause of dizziness and balance problems is from the vestibular system or the inner ear. The vestibular system is the balance system in the inner ear. Vestibular rehabilitation is an exercise program designed to help control symptoms and increase function to promote normal activity with patients suffering from the inner ear and balance disorders.

### COMMON CAUSES

#### **INNER EAR DISORDERS**

- BPPV (benign paroxysmal positional vertigo)
- Labyrinthitis
- Vestibular neuritis
- Post surgical for acoustic neuroma
- Labyrinthine concussion
- Ototoxicity
- Vertigo of unknown etiology
- Menier's disease

#### **BALANCE DYSFUNCTION**

- Stroke, Peripheral Neuropathy, Parkinsons, and other neurological conditions
- Recent orthopedic procedures
- Neck injuries

## DIZZINESS AND BALANCE MANAGEMENT

### SIGN AND SYMPTOMS

- Dizziness associated with position changes and head movements
- Nausea
- Balance and unsteadiness with activity
- Visual disturbances
- Motion sensitivity
- Change in activity level
- Difficulty concentrating and reading

### BALANCE & VESTIBULAR TREATMENT

- Repositioning for BPPV
- Oculomotor (Visual) exercises
- Computerized sensorimotor integration
- Motion tolerance exercises
- Gait and balance training
- Strength flexibility and endurance training
- Home exercise program

### BENEFITS OF BALANCE & VESTIBULAR REHABILITATION

- Improve visual motor control
- Decrease dizziness
- Improve balance function
- Increase general activity level
- Fall prevention

Our program features the Neurocom™ Equitest™ system. A state of the art sensory motor and training system that provides objective data on balance control, enabling our certified vestibular therapist to develop the most effective treatment program. We also feature the Invision™ system to treat those who have difficulty seeing when they are moving or in an environment that is moving.

