

What are some of the rehabilitation tools you use to help your patients?

We use a number of tools in the room as well as brain based home exercises.

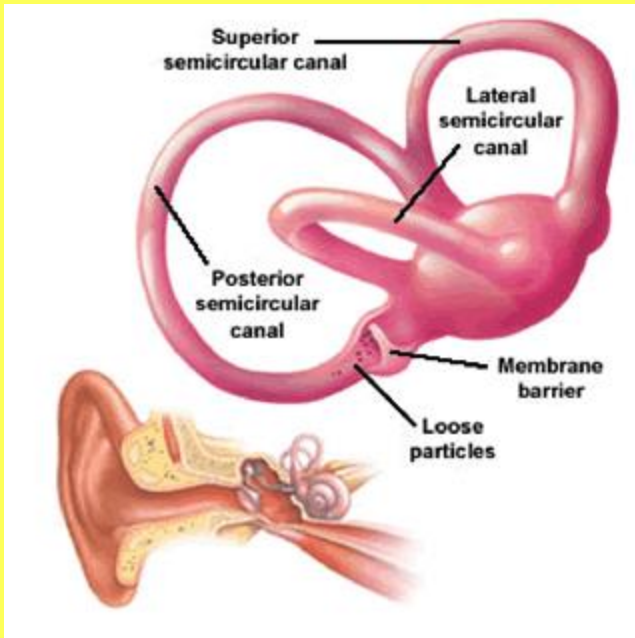
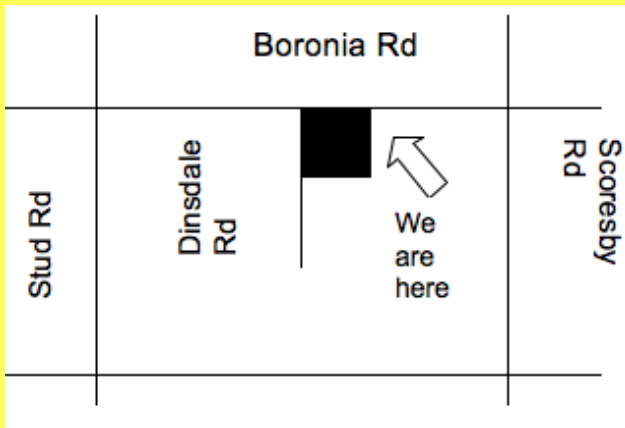
These include:

1. Eye exercises that include gaze stabilization, pursuits, microsaccades and saccades.
2. Chair Spinning
3. Wobble Board
4. Manipulation/Adjustment
5. Fast stretch movements
6. Joint position training retraining
7. Myotherapy and Remedial Massage with our in-house practitioners

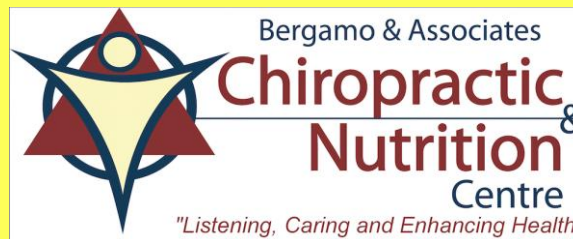


Location

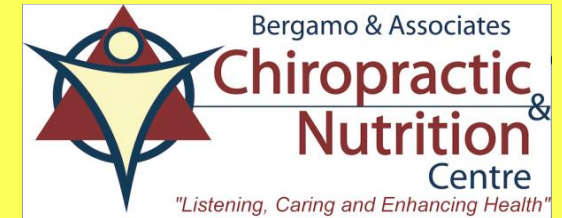
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VESTIBULAR REHABILITATION



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What is Balance?

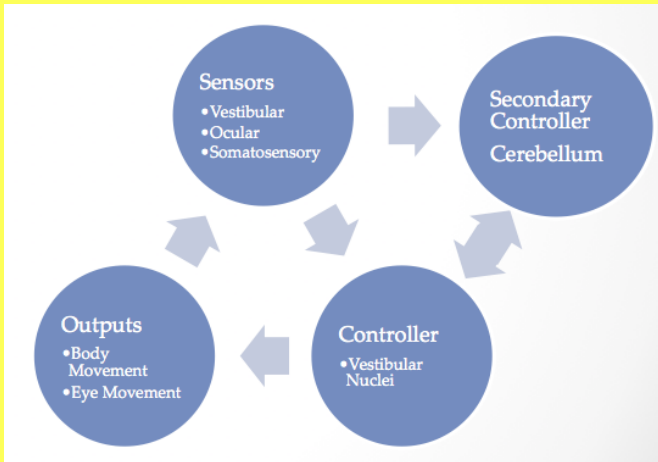
Balance is the ability of the body to stay upright against gravity.

This is more challenged when there is a disease process affecting the vestibulocochlear nerve eg middle ear infection or if we have trauma to the head or as we get older.

What is Balance Reliant on?

Balance is reliant on three systems of the body working effectively together:

- 1) Vestibular system i.e. your ears
- 2) Ocular system i.e. your eyes
- 3) Somatosensory system i.e. your proprioceptors



How do you assess a patient's Balance system?

We have many assessment tools in the room that can assess the function of how the eyes, ears and proprioceptors work together.

We also have advanced approaches.

We use Quantitative Posturography where we measure sway patterns of patients with eyes open and closed on fixed and uneven surfaces.

We generate a report from this that helps us guide our vestibular rehabilitation. It is a reproducible outcome measure that can show evidence of improvement.

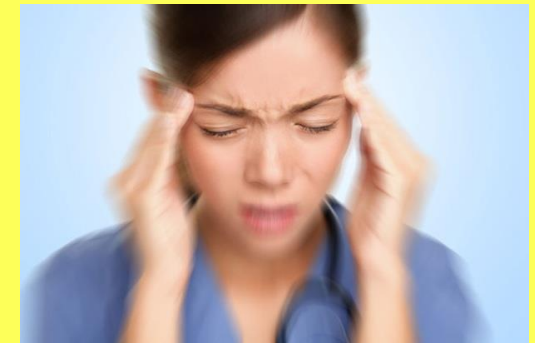
DOB: 12 September 1970
Height: 180 cm, Weight: 93.4 kg
BMI: 28.8

Test	Eyes Open, Firm Platform	Eyes Closed, Firm Platform	Eyes Open, Soft Platform	Eyes Closed, Soft Platform
Date	12 Jan 2015 - 1:28 pm	12 Jan 2015 - 1:29 pm	12 Jan 2015 - 1:30 pm	12 Jan 2015 - 1:31 pm
Graph				
Mean Distance	3.8 (Normal 116%)	5.3 (Poor 130%)	6.3 (Normal 98%)	11.2 (Good 79%)
Mean Distance AP	3.3 (Poor 130%)	4.6 (Very Poor 141%)	4.9 (Normal 99%)	7.8 (Good 68%)
Mean Distance ML	1.4 (Normal 86%)	2.0 (Normal 113%)	3.1 (Normal 100%)	6.6 (Normal 108%)
RMS Distance	4.4 (Normal 115%)	6.1 (Poor 131%)	7.1 (Normal 96%)	12.9 (Good 79%)
RMS Distance AP	4.0 (Poor 132%)	5.5 (Poor 140%)	6.0 (Normal 95%)	9.6 (Good 68%)
RMS Distance ML	1.7 (Normal 84%)	2.5 (Normal 107%)	3.7 (Normal 100%)	8.6 (Normal 102%)
Range AP	19.7 (Poor 139%)	27.6 (Very Poor 144%)	28.1 (Normal 100%)	49.3 (Good 72%)
Range ML	8.4 (Normal 92%)	12.1 (Normal 105%)	15.6 (Normal 83%)	49.3 (Normal 116%)
Mean Velocity	8.7 (Normal 114%)	10.5 (Normal 87%)	16.3 (Normal 112%)	34.0 (Normal 82%)
Mean Velocity AP	7.3 (Poor 132%)	9.0 (Normal 86%)	11.0 (Normal 100%)	23.8 (Good 65%)
Mean Velocity ML	3.5 (Normal 100%)	3.8 (Normal 81%)	9.7 (Very Poor 141%)	19.5 (Poor 122%)
95% Ellipse Area	127.0 (Normal 116%)	221.7 (Poor 129%)	394.2 (Very Poor 187%)	151.9 (Very Poor 258%)
Sway Area	8.0 (Normal 92%)	12.2 (Normal 84%)	31.7 (Very Poor 191%)	148.7 (Very Poor 298%)
Mean Frequency	0.4 (Normal 91%)	0.3 (Low 72%)	0.4 (Very Low 55%)	0.5 (Very Low 32%)
Mean Frequency AP	0.4 (Normal 95%)	0.3 (Low 71%)	0.4 (Very Low 50%)	0.5 (Very Low 32%)
Mean Frequency ML	0.5 (Normal 89%)	0.3 (Very Low 58%)	0.6 (Very Low 54%)	0.5 (Very Low 25%)
Adaptation/Fatigue	20.8% (Fatigue)	19.6% (Fatigue)	34.7% (Fatigue)	48.1% (Adaptation)
Balance Age	46.3	51.9	49.2	43.0
Falls Risk	13.6%	14.5%	14.0%	13.2%

Likely weakness: Proprioceptive Loss with Ocular and Vestibular Mismatch (86%)

What symptoms or conditions have you helped with your vestibular rehabilitation?

- Dizziness
- Lightheadedness
- Vertigo
- BPPV
- Vestibular Migraine
- Concussion related
- Headache
- Unresponsive Neck Pain
- Balances issues if associated with anxiety and depression



Will you work with other practitioners?

We will gladly collaborate with your GP, specialist or any practitioner by letter writing or telephone to discuss your case.

The best outcome is when health practitioners work together as a team in trying to achieve the best patient result.