



BON SECOURS HOSPITAL GALWAY
Bon Secours Health System

Making an Appointment

- **Self referral** - Contact us on 091 381932
- **GP referral** - by letter, email or phone

OR

- **Consultant referral**

Information

Your initial appointment will be approximately 1 hour in duration.

It is advisable to be accompanied by a driver on your 1st visit.

Charges

Initial Physiotherapy Visit(1 hour)	€60
Follow Up Visit (45mins—1 hour)	€50-€60

CAN I CLAIM AGAINST MY HEALTH INSURANCE?

Physiotherapy is covered by most health insurers. You may be able to claim some or all of the cost back dependent on your policy.

CONTACT INFORMATION

Physiotherapy Department
Bon Secours Hospital,
Dublin Road,
Renmore,
Galway

Phone: 091- 381932

Fax: 091 -381934

E-mail: bsgphysio@bonsecours.ie



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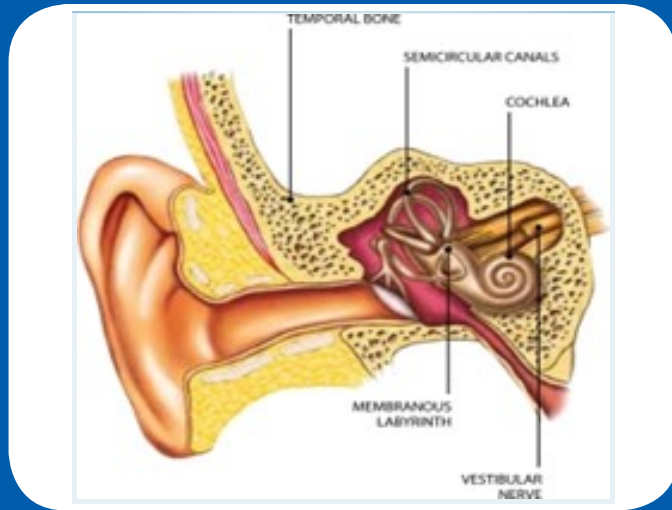
VERTIGO AND VESTIBULAR REHABILITATION

Patient Information Leaflet

Advanced Medicine Exceptional Care

Bon Secours Hospital, Renmore, Galway.

Tel: 091 381 900 Email: info@galway.bonsecours.ie



What is the Vestibular System?

The vestibular system is the balance centre of the body.

It helps us to maintain balance and to stabilise the eyes in relation to our surroundings (gaze stability).

A problem with your vestibular system can cause symptoms of dizziness, poor balance, nausea and vertigo.

Symptoms Related to Vestibular Dysfunction

- Dizziness on movements of the head, especially in busy environments, driving etc.
- Vertigo, Nausea, vomiting, room spinning sensation
- Reduced balance – especially on uneven surface or in darkness
- Neck pain or stiffness
- Reduced confidence/ independence going out on your own

Common Causes of Vestibular Problems Include:

- Benign Paroxysmal Positional Vertigo (BPPV): crystals in the inner ear cause abnormal messages to be sent to the brain from the inner ear to the brain
- Vestibular Neuritis and Labyrinthitis : inflammation of structures in the inner ear caused by virus
- Other—concussion, ear infections, cervicogenic dizziness

Can it be treated?

Yes depending on the cause of your symptoms.

Once you have been evaluated by the specially trained physiotherapist treatment can include balance retraining, vestibular rehabilitation or a positional manoeuvre (in the instance of BPPV).

What to expect from your treatment or vestibular rehabilitation?

We will provide you with a personalised home exercise programme designed to reduce and eliminate your symptoms and to improve your balance if needed.

The rehabilitation is designed to improve and speed up the messages that are being sent to the brain from the eyes, inner ear and the rest of the body.

The exercises are not difficult to learn but can sometimes take a little getting used to.



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