

Dizziness Physiotherapy Edmonton: Supporting Balance and Recovery



Dizziness can affect your balance, movement, confidence, and ability to carry out everyday activities. Some people experience dizziness when turning their head, standing up, walking, or changing positions. [Dizziness physiotherapy Edmonton](#) can help address movement and balance difficulties through individualized assessment and rehabilitation.

What Causes Dizziness?

Dizziness can have different causes, and symptoms can vary from person to person. Some common causes and related conditions include:

- Vestibular disorders

- Benign paroxysmal positional vertigo (BPPV)
- Balance difficulties
- Motion sensitivity
- Inner-ear conditions
- Head or neck injuries
- Concussion-related symptoms

A proper assessment can help identify movement and balance problems that may be contributing to dizziness.

How Can Physiotherapy Help With Dizziness?

Dizziness physiotherapy may include exercises and rehabilitation strategies designed around a person's symptoms and functional needs.

Vestibular Rehabilitation

Vestibular rehabilitation uses specific exercises to help improve balance, coordination, gaze stability, and tolerance to movement.

Balance Training

Balance exercises can help improve stability during standing, walking, and everyday movements.

Gaze Stabilization Exercises

Certain exercises focus on improving the ability to maintain visual focus while moving the head. These exercises may be included when appropriate based on the assessment.

Movement and Position Training

Some people experience dizziness during specific head or body movements. Physiotherapy can incorporate appropriate movement strategies to gradually improve tolerance.

Dizziness Physiotherapy Edmonton at Vertex Physiotherapy

If dizziness is affecting your daily routine, [Vertex Physiotherapy Edmonton](#) provides physiotherapy and rehabilitation services that can support balance, mobility, and physical recovery. The clinic also offers vestibular physiotherapy, which may be appropriate for individuals experiencing dizziness and balance-related difficulties.

When Should You Consider Physiotherapy for Dizziness?

Persistent dizziness, balance problems, or difficulty with movement should be assessed by an appropriate healthcare professional. Physiotherapy may be recommended when rehabilitation can help address movement, balance, or vestibular-related symptoms.

Conclusion

Dizziness can make everyday activities challenging and may affect confidence with movement. Dizziness physiotherapy Edmonton can support rehabilitation through balance training, vestibular exercises, movement strategies, and individualized treatment. An appropriate assessment can help determine which rehabilitation approach is suitable for your symptoms.