

Vestibular Physiotherapy Edmonton: Supporting Balance and Dizziness Recovery



Dizziness, balance difficulties, and unsteadiness can affect walking, exercise, work, and everyday activities. These symptoms can have different causes, and an appropriate assessment can help identify factors contributing to movement or balance problems. [Vestibular physiotherapy Edmonton](#) focuses on rehabilitation for certain conditions affecting balance, dizziness, and coordination.

What Is Vestibular Physiotherapy?

Vestibular physiotherapy is a specialized area of rehabilitation that addresses problems involving the vestibular system and its interaction with vision and body-position information.

Depending on the individual's symptoms, physiotherapy may assess balance, eye and head coordination, walking, movement tolerance, and functional activities.

Treatment may include:

- Balance and stability exercises
- Gaze stabilization exercises
- Head and eye coordination activities
- Walking and mobility training
- Position-related exercises when appropriate
- Gradual exposure to movement
- Home exercise programs

The rehabilitation plan is tailored to the individual's symptoms and functional goals.

Common Vestibular Symptoms

People experiencing vestibular-related problems may report:

- Dizziness
- Unsteadiness
- Balance difficulties
- Sensitivity to movement
- Difficulty with head movements
- Visual motion sensitivity
- Reduced confidence while walking
- Difficulty returning to normal activities

Because dizziness can have many possible causes, appropriate medical or physiotherapy assessment is important.

How Vestibular Rehabilitation Can Help

A structured **vestibular rehabilitation Edmonton** program can gradually challenge balance and movement systems through carefully selected exercises. Activities may progress from simple balance tasks to more demanding movements involving walking, head turns, changes in direction, or different environments.

The intensity and progression should be based on the individual's symptoms and response to treatment.

When Should You Consider Physiotherapy?

If dizziness or balance difficulties are interfering with everyday activities, exercise, or mobility, a vestibular assessment may help determine appropriate rehabilitation options. Sudden or severe dizziness, especially when accompanied by neurological symptoms or other concerning signs, requires prompt medical evaluation.

For individuals looking for vestibular physiotherapy in Edmonton, [Momentum Spine & Sports Physiotherapy](#) provides individualized physiotherapy and rehabilitation services.