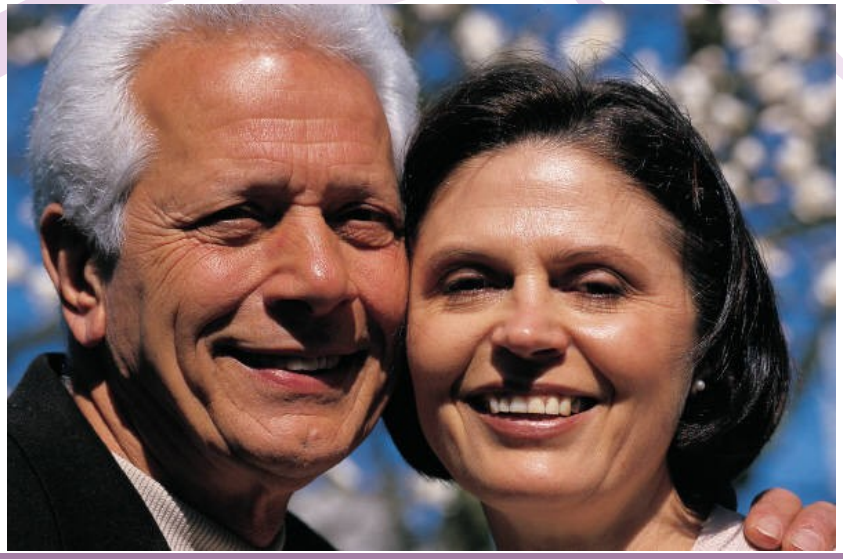
Cardinal Hill Rehabilitation Hospital

Outpatient Vestibular Rehabilitation & Balance Program



Cardinal Hill offers a personalized and therapeutic treatment for people with vestibular and balance disorders. Clients seen in Cardinal Hill's Outpatient Vestibular and Balance Program may suffer from:

- **Unilateral vestibular hypofunction**
- **Bilateral vestibular hypofunction**
- **Acoustic Neuroma**
- **BPPV (Benign Paroxysmal Positional Vertigo)**
- **Post-concussive disorders**
- **Meniere's Disease clients who have undergone gentamycin perfusion or have unilateral loss from recurrent episodes**
- **Imbalance and/or frequent falls**

Before a specific exercise program is initiated, therapists trained in Vestibular Rehabilitation evaluate the individual's vestibular and musculoskeletal systems, balance, gait, dynamic visual acuity and motion sensitivity.

Exercise programs are developed to target daily activities affected by the disorder. Rehabilitation is centered on activities that encourage the brain to habituate the vertigo/dizziness response, to improve coordination and muscle responses and to promote VOR compensation, which fosters clear vision and balance while moving.

Referral Information

To schedule an appointment, contact our referral relations department at **(859) 367-7121.** (*A physician's referral is required.*)

Vestibular Staff

Laura Carter, PT, DPT

- **Graduate of the University of Kentucky Physical Therapy and Physical Therapy Doctoral Program**
- **14 years clinical experience in the treatment of clients with neurological disorders**
- **11 years specialized in vestibular and balance disorders**
- **Certificate of clinical competency in the diagnosis and treatment of vestibular disorders in 1999**
- **Certificate of clinical competency-Vestibular Function-Test Interpretation & Application to Rehabilitation 2001**
- **Certificate of clinical competency-Cervicogenic Dizziness 2008**
- **Competency Renewal-Advances in Vestibular Rehabilitation 2009**

Valerie Martin, PT, DPT

- **Graduate of the University of Kentucky Physical Therapy and Physical Therapy Doctoral Program**
- **9 years clinical experience in the treatment of clients with neurological disorders**
- **6 years specialized in vestibular and balance disorders**
- **Certificate of clinical competency in the diagnosis and treatment of vestibular disorders 2006**

Claudia Martha, PTA

- **Graduate of Henry Ford Community College PTA Program, Dearborn, MI**
- **6 years clinical experience in treatment of clients with neurological disorders**
- **3 years specialized in vestibular and balance disorders**