

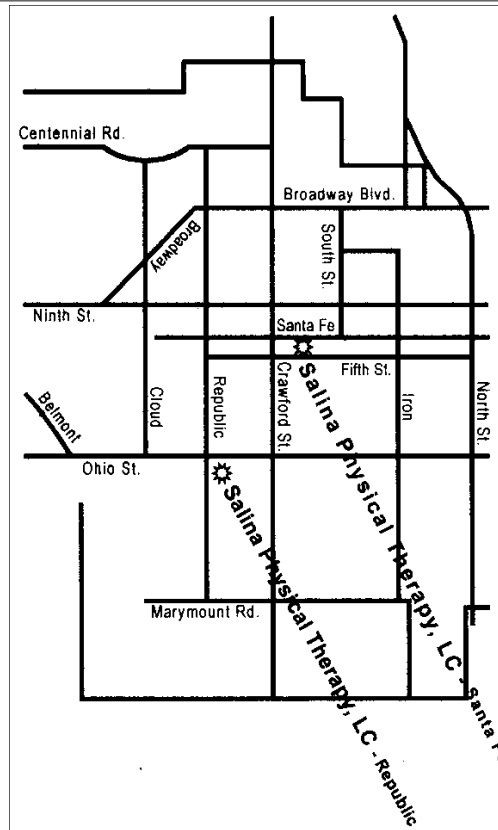
## About Our Services

### **Free Screenings**

Although your physician is your best resource we are available to answer any of your questions. Call (785) 825-1361 to schedule an appointment for a free screening.

### **Insurance Services**

Physical therapy evaluation and treatment is covered by insurance based on your policy.



## Dizziness & Balance Problems

### **Vestibular Rehabilitation**

**SALINA PHYSICAL THERAPY**

**521-A S. Santa Fe  
&  
1101 E. Republic  
Salina, Kansas 67401**

**Tel: (785) 825-1361**

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521-A S. Santa Fe  
Or  
1101 E. Republic  
Salina, Kansas 67401

Phone: 785-825-1361  
Fax: 785-825-1398

Hours: Monday through Friday  
8:00 a.m.—5:00 p.m.

Physical Therapy Can Help!



# Salina Physical Therapy

**E**ach year nearly 8 million people visit their doctor for treatment of dizziness. According to the National Institute of Health, 40-50% of people over the age of 40 experience dizziness or balance problems at some point in their lives. Other *symptoms* may include vertigo (the illusion of movement), unsteadiness when walking, and nausea.

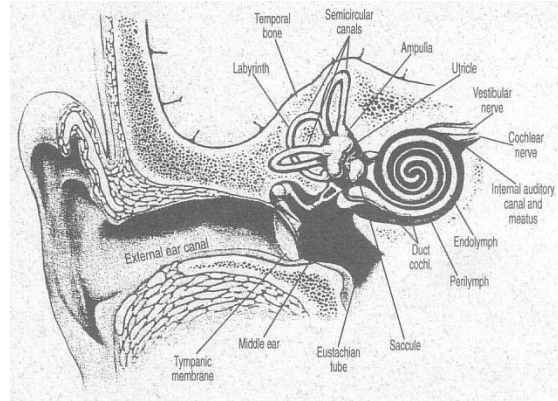
The **cause of vertigo** may be unknown or it may be brought on by a viral infection, head trauma or aging. Vertigo may occur when lying down, rolling over in bed, bending over, or looking up. Vertigo often results from crystals in the inner ear becoming loose and floating to a part of the ear where they don't belong.

**Treatment** for this common type of vertigo involves moving the crystals back where they belong through a series of position changes. Good results are usually seen in one or two treatments.

People with **balance and postural control problems** usually take longer to learn to manage their symptoms. Treatment involves symptom specific exercises.

Patient education and home programs are included.

**Getting started** requires a referral to physical therapy by your physician. Your physician may also prescribe medication for dizziness or nausea. Physical therapy begins with a thorough evaluation by a physical therapist with additional training in this area. Your condition will be explained and treatment will be started. Treatment will likely improve the quality of your life and safety.



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