



MOMENTUM

spine and sport physiotherapy

— lets get you going —

What is vestibular therapy?

Vestibular therapy is a specialized form of rehabilitation aimed at relieving dizziness, imbalance, and vertigo. It works by retraining your body's vestibular system—responsible for balance and spatial orientation—through targeted exercises and techniques. Using both active and passive therapies, this approach helps the brain adapt and compensate for inner ear disturbances. Vestibular Rehabilitation Therapy in can support your recovery and restore daily function.



Common balance disorders

- *Migraines*
- *Meniere's Disease*
- *Vestibular Neuritis*
- *Vestibular Hypofunction*
- *Concussion-Related Dizziness*
- *Benign Paroxysmal Positional Vertigo (BPPV)*



Vertigo Clinic in Edmonton:


Vestibular physiotherapy in Edmonton can help manage different types of vertigo, including BPPV. Our therapists in Edmonton are qualified to provide care in the clinic, at home, or through telerehab. Vertigo requires attention, and vestibular physiotherapy offers approaches that may help reduce symptoms and improve balance. Don't wait—book your vestibular physiotherapy session in Edmonton and take a step toward improving your stability and well-being.



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Vestibular Rehabilitation Physiotherapy

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