



AMY FLORY, MPT

*Amy Flory is a physical therapist and co-owner of CoreBalance Therapy. She has lived in the Flagstaff area for 12 years and she received her master's degree in physical therapy in 1996 from Northern Arizona University. Amy is experienced in physical therapy for people with chronic pain, incontinence and dizziness, and for women during and following pregnancy. She serves as the Southwest Representative for the Women's Health Section of the American Physical Therapy Association. Outside of work, Amy enjoys photography, painting and spending time outdoors with her husband, son, and daughter.*

SARAH HUDELSON, DPT

*Sarah Hudelson has lived in Flagstaff since 1997 and holds her doctorate in physical therapy from Northern Arizona University. She is co-owner of CoreBalance Therapy and is experienced in physical therapy for dizziness, pelvic floor dysfunction, and chronic pain. She also enjoys working with women during and following pregnancy. She enjoys outdoor recreation with her husband and two sons and participates in endurance running.*

COREBALANCE THERAPY, LLC  
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Physical  
Therapy for  
Dizziness and  
Imbalance



COREBALANCE  
THERAPY, LLC

*Where Health  
is a Matter of  
Balance*

## What is vestibular therapy?

Vestibular therapy is specialized physical therapy directed at the *vestibular* component of the nervous system. The vestibular system uses information from the eyes, inner ear and extremities to tell the brain how the body is moving or how the body is positioned in space.

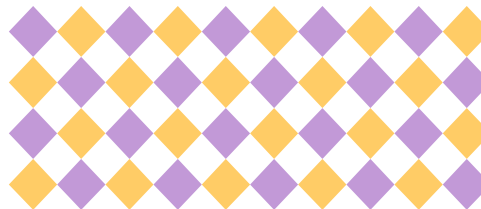
Sometimes, this information is incomplete or distorted, causing dizziness or a loss of balance. The purpose of vestibular therapy is to restore good communication between these sources of information and the brain.



*The inner ear is the cause of most treatable forms of dizziness.*

## What can cause dizziness and/or imbalance?

- Stroke
- Neurological diseases
- Tumors
- Head trauma
- Inner ear dysfunction
- Blood pressure problems
- Neck problems
- Aging
- Loss of sensation in the feet.



## What may be included in my vestibular treatment?

- A thorough evaluation of all the systems potentially involved in your problem
- Special maneuvers to restore normal inner ear function
- Strengthening exercises
- Balance exercises
- Eye reflex exercises
- Manual therapy to address neck problems

## How long does treatment take?

The duration of a course of vestibular therapy depends on the diagnosis. For example, dizziness due to an inner ear problem may take only 1 or 2 sessions, whereas imbalance related to aging may require 8-12 sessions spread over 2-3 months. Ask your therapist for details on the estimated duration of your treatment.

Of course, the more diligent you are in your prescribed home exercises, the quicker you will return to more normal function!

## Is vestibular therapy covered by health insurance?

Yes, but a referral from your physician is usually required by the insurance carrier.

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