

# Vertigo and Vestibular Physiotherapy on the Northern Beaches



Do you feel dizzy, off-balance, or like the room is spinning? Vestibular (balance) disorders and vertigo can be frightening — and they don't have to be permanent. At In Balance Physio in Manly, our experienced physiotherapists specialise in evidence-based vestibular rehabilitation to reduce dizziness, restore balance and get you back to the activities you love.

### **Book Now**

## Who we help

We treat anyone experiencing:

• Benign paroxysmal positional vertigo (BPPV)



- Persistent dizziness after vestibular neuritis or labrynthitis
- Unsteadiness / balance problems after concussion or head injury
- Chronic subjective dizziness / persistent postural-perceptual dizziness (PPPD)
- Visual disturbance or motion sensitivity (visual vertigo)
- Balance deficits increasing fall risk

# Why choose IB Physio in Manly?

- Specialised vestibular expertise clinicians trained in vestibular assessment and evidence-based rehab.
- Fast, practical relief many people with BPPV feel immediate improvement after a repositioning manoeuvre.
- **Individualised care** programs built around your goals (work, driving, sports, travel).
- Local & accessible conveniently located in Manly for Northern Beaches and Sydney CBD commuters.
- **Knowledge is power** we strive to educate you about the cause and treatment for your condition and ensure you understand what you need to do.





## What to expect at your appointment

- **Comprehensive assessment** detailed history, symptom triggers, balance and gait testing, oculomotor (eye movement) tests and vestibular function screening.
- Clear diagnosis & plan we explain the likely cause and outline a personalised rehabilitation program.
- **Hands-on treatment & retraining** canal repositioning maneuvers (for BPPV), gaze stabilisation, habituation exercises, balance training and graded functional exposure.
- Home program & return-to-activity plan clear exercises and practical strategies you can do between sessions.

#### **Book Now**

Don't let dizziness or vertigo rule your life, book an appointment with one of our expert vestibular physios today for a diagnosis and plan to get you

