# 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)



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- 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.



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## 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



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## back In Balance!



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