

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 labyrinthitis
- 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

