



Patient information

# Vestibular Rehabilitation

Multi-disciplinary Day Therapy  
Rehabilitation specialising in  
Vestibular management and treatment



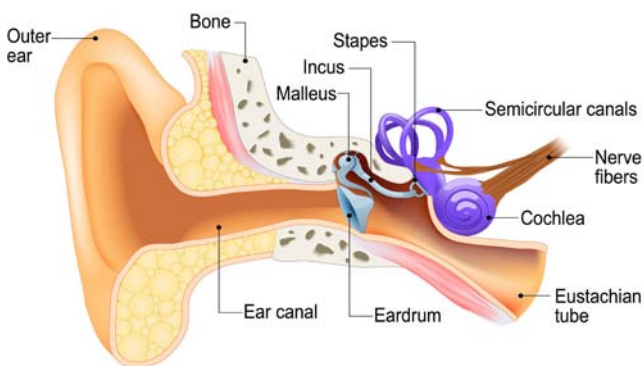
**Donvale  
Rehabilitation Hospital**  
Part of Ramsay Health Care



## What is vestibular dysfunction?

The vestibular system refers to structures within the inner ear, and their connections to the brain, which help the body balance and know where we are in space.

When this system is not working as it should, people may experience spinning, dizziness or unsteadiness. Symptoms may vary for different people.



## What will a vestibular rehabilitation program involve?

A member of our specialised Physiotherapy team will conduct a thorough vestibular assessment. We will then work with you to develop a personalised rehabilitation plan to meet your goals.

Your individualised rehabilitation program involves a Physiotherapist, with a broad multidisciplinary team also available as required.

Your rehabilitation will be overseen by a Rehabilitation Physician, who works closely with the rehabilitation team, ensuring best possible outcomes.



## The Donvale Rehabilitation Team

Our team consists of:

- Rehabilitation Physician
- Physiotherapist
- Exercise Physiologist
- Occupational Therapist
- Speech Pathologist
- Dietician
- Psychologist
- Social Worker

## How are costs covered?

We have an arrangement with most health funds, Department of Veterans' affairs, Worksafe and TAC, which ensures out of pocket expenses are kept to a minimum. There will be a small additional cost for simple home exercise equipment as required.

## Referrals

Referral to the Donvale Rehabilitation Day Rehabilitation Program occurs through a written referral from a person's local doctor, neurologist or physician.

Referrals should be addressed to:

### Rehabilitation Physician

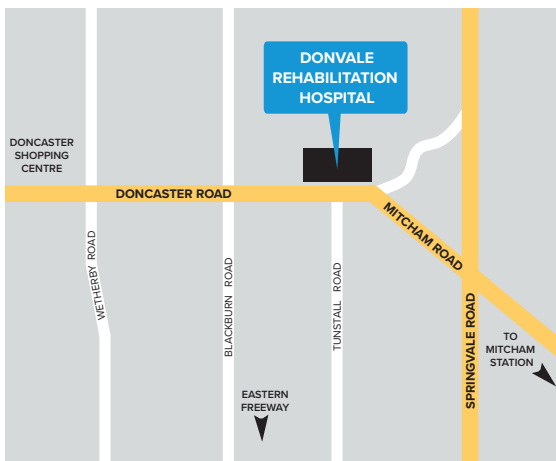
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For further information please contact the Program Coordinator on **03 9841 1490**.





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