

Vestibular Rehabilitation Therapy (VRT)

Are your patients complaining of any of the following?

- Room spinning when first getting out of bed
- Room spinning when turning in bed
- Spinning sensation when looking up into an overhead cabinet
- Dizziness when having hair washed at the hairdresser
- Feeling of room spinning after a recent motor vehicle accident (MVA)

If the answer is “yes” to any of the above, chances are good that your patient is experiencing benign paroxysmal positional vertigo (BPPV), which is often treated successfully using vestibular rehabilitation therapy (VRT).

What is VRT?

VRT is a hands on exercise-based program designed to reduce or eliminate vertigo and dizziness.

Who is a candidate for it?

VRT should be considered for patients with stable symptomatic vestibular deficits that haven't completely resolved by natural compensation. Optimal candidates have intact cognitive, cerebellar, visual and proprioceptive systems. Forty-two percent of the population experiences dizziness at some time in their lives, and it's the number one complaint for people over age 75.

Who provides the service?

Specially trained physical therapists

Where is the service provided?

VRT is typically designed as a therapist-directed treatment and home-based exercise program, provided at one of BayCare's Outpatient Rehabilitation Centers. Some patients may only require one or two sessions, while others may need continued treatment.

What are the expected outcomes for patients?

- Reduced subjective complaints of room spinning dizziness
- Decreased visual disturbances with head movement
- Increased functioning and social activities
- Overall improved fitness

How do I refer patients (what is my point of contact)?

Fax a physician order to one of the locations listed here.

Who do I contact if I have a clinical question about this?

You may contact Janice East, director of Rehabilitation Services Growth and Development, at janice.east@baycare.org or (727) 734-6545, and your question will be directed to a vestibular therapist.

BayCare Rehabilitation Services offers vestibular rehabilitation therapy at the following locations:

Barrett Outpatient Rehab and Sports Medicine

Inside the Ptak Orthopedic and Neuroscience Pavilion
430 Morton Plant St., Suite 101 | Clearwater, FL 33756
Phone: (727) 462-7052 | Fax: (813) 635-2591

South Florida Baptist Hospital Outpatient Rehabilitation Center at BayCare HealthHub™

2470 Bloomingdale Ave., Suite 204 | Valrico, FL 33596
Phone: (813) 409-2092 | Fax: (813) 409-2094

South Florida Baptist Hospital Outpatient Rehabilitation Center

414 N. Plant Ave. | Plant City, FL 33563
Phone: (813) 707-9362 | Fax: (813) 757-9687

Morton Plant North Bay Outpatient Rehabilitation Services Medical Arts Building

6633 Forest Ave. | New Port Richey, FL 34653
Phone: (727) 841-4655 | Fax: (727) 841-4690

Palm Harbor Rehabilitation at the BayCare Fitness Center

32672 U.S. Highway 19 N. | Palm Harbor, FL 34684
Phone: (727) 772-2200 | Fax: (813) 635-7991

Physical Therapy and Sports Rehabilitation

Mease Countryside Professional Center
3251 McMullen Booth Road, Suite 200 | Clearwater, FL 33761
Phone: (727) 725-6151 | Fax: (813) 635-7992

St. Anthony's Resource Center, Outpatient Rehabilitation

500 Dr. Martin Luther King Jr. St. N., Suite 100
St. Petersburg, FL 33705
Phone: (727) 825-1771 | Fax: (727) 820-7460

St. Joseph's Hospital, Outpatient Rehabilitation

3003 W. Dr. Martin Luther King Jr. Blvd. | Tampa, FL 33607
Phone: (813) 870-4877 | Fax: (813) 554-8371

St. Joseph's Hospital, Physical Therapy and Sports Rehabilitation

310 S. MacDill Ave. | Tampa, FL 33647
Phone: (813) 605-5834 | Fax: (813) 605-5842

Winter Haven Hospital, Rehabilitation Services

200 Ave. F N.E. | Winter Haven, FL 33881
Phone: (863) 292-4060 | Fax: (863) 291-6059

