

PHYSICAL THERAPY EVALUATION

A GUIDE TO OUR PROTOCOL

National Dizzy and Balance Center's

Physical therapy treatment protocol is designed for providers who have a patient with a diagnosed condition that doesn't require a comprehensive evaluation to properly evaluate and treat the patient.

Every new patient will have a physical therapy evaluation performed specifically to NDBC balance protocol. The final recommended treatment plan for the patient will depend on those results and the referring providers recommendations.



APPROPRIATE PATIENT REFERRALS

Dizziness/Vertigo Due To:

- Complex, multi-factorial conditions
- Diseases, infections, and surgeries
- Benign Paroxysmal Positional Vertigo

Balance Problems Due To:

- Head related traumatic injuries & strokes
- Orthopedic and other functional deficits
- Progressive rigidity or plasticity
- Diabetes or other neuropathies Patients with histories of falling
- Multiple sclerosis
- Parkinson's disease

PHYSICAL THERAPY Initial Evaluation

- · Review of medical history/symptoms
- · Functional balance evaluation
- Computerized Dynamic Posturography testing to establish baseline for Tx
- **Benign Postional Vertigo treatment** (if ordered or indicated)
- Individualized treatment plan is developed for each patient (if appropriate)



INITIAL EVALUATION REPORT:

- 1. Summary of evaluation results
- 2. Summary CDP testing results
- 3. Treatment plan establishment

PATIENTS NOT APPROPRIATE FOR PHYSICAL THERAPY TREATMENT

Patients Not Appropriate Due To:

- Extreme high/low blood pressure
- Strong neurological symptoms
- Patients in need of assistive services
- Patients with psychological problems
- · Patients in need of a specialty provider

Referral To Another Physician:

- · Referral back to referring physician
- Referral to primary care physician

BENIGN PAROXYSMAL POSITIONAL VERTIGO (BPPV) **Evaluation & Treatment**

- 1. Video-occulography evaluation of semi-circular vestibular canals
- 2. Repositioning of otoconia crystals · Epley maneuver or similar
- 3. Follow up appointment in 1-2 weeks

Positive for BENIGN PAROXYSMAL POSITIONAL VERTIGO?





REHABILITATION DEPT. **Physical Therapy Sessions**

Typical Physical Therapy Program:

- · 12-24, 60 min therapy sessions
- · 2 visits/week for first month
- Individualized treatment plan is

Patient Still Symptomatic After 1-2 weeks?

If Yes, then follow **Physical Therapy Protocol**

NO

YES

Patient Discharged from NDBC:

- · Referral back to referring physician
- Referral to primary care physician
- Patient discharged to home exercises

PATIENT DISCHARGE REPORT:

- 1. Summary of overall patient progress
- 2. Summary of CDP re-testing results
- 2. Summary of patient visits/attendence
- 3. Final discharge treatment plan

- · 1 visit/week for the second month
- developed for each patient at 1st visit

PHYSICAL THERAPY Re-Evaluation

- Re-evaluation every 30 days, & after BPPV
- · Review of medical history
- · Review monthly treatment plan
- New treatment plan is established every 30 days until discharge



PATIENT DISCHARGE REPORT:

- 1. Summary of patient progress
- 2. Summary of CDP re-testing results
- 3. Summary of patient compliance
- 4. Treatment plan is revised