

# 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 Ear infections/surgeries, Menieres disea
- 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)

# **Patients Not Appropriate Due To:**

PATIENTS NOT APPROPRIATE FOR

PHYSICAL THERAPY TREATMENT

- 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



#### INITIAL EVALUATION REPORT:

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

# **Positive for**

**BENIGN PAROXYSMAL** POSITIONAL VERTIGO?



NO





### **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

### **Patient Still Symptomatic** After 1-2 weeks?

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

NO

**YES** 

YES

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

# **Patient Discharged from NDBC:**

### 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

# REHABILITATION DEPT. **Physical Therapy Sessions**

#### **Typical Physical Therapy Program:**

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