

Patient Resource

South Coast Dizzy Clinic is a specialised allied health clinic that assesses and manages all types of vertigo, dizziness, and impaired balance. Vestibular physiotherapists are highly experienced and specially trained health professionals that work closely with ENT and neurology specialists, along with GPs.

Vertigo and dizziness are common conditions that affects up to 35% of people over the age of 40. Vertigo can impact someone's life significantly, with 86% of people experiencing interruptions to their daily activities and work. Someone suffering from vertigo is 8x more likely to experience a fall, which can lead to severe injuries – especially in the elderly population.

Vertigo and dizziness related conditions can be quite symptomatic and disruptive to individuals, but fortunately they can be treated by our vestibular physiotherapists with evidence-based, safe, and effective treatments that is completed within the clinic. Below are some of the causes for vertigo, dizziness, and impaired balance that we manage at South Coast Dizzy Clinic.

- BPPV
- Vestibular Neuritis / Labyrinthitis
- Peripheral Vestibular Hypofunction
- Vestibular Migraines
- PPPD
- Meniere's Disease
- Headaches and Migraines
- And other neurological and vestibular related conditions

Please explore of website for more comprehensive explanations of our services and specific vestibular conditions – www.dizzysc.com.au

www.dizzysc.com.au | admin@dizzysc.com.au Ph: 4209 3503 | Fax: 4216 5549 Wollongong | Nowra | Milton | Southern Highlands



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BPPV Vestibular Migraines A common cause of vertigo, characterised by a short and Vertigo and dizziness associated intense sense of vertigo, with a migraine history induced by certain head positions Vestibular Neuritis / PPPD Labyrinthitis Chronic dizziness and A sudden onset of intense vertigo unsteadiness which is worsened and loss balance (+/- hearing loss). by posture and complex visual This occurs due to a viral insult to surrounds - despite the vestibular the nerve connecting your balance system working well. centre **Peripheral Vestibular Hypofunction**

When the balance centre is not working well (imbalance between left and right inner ears).

Meniere's Disease

Acute episodes of vertigo hearing loss, tinnitus and ear fullness/pressure - as a result of build-up / abnormal movement of endolymphatic fluid inside the inner ear

Other Conditions

There are many other conditions impacting balance and causing dizziness, unsteadiness, and/or vertigo. These can be vestibular or neurological

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