

OUR MISSION

Rooted in the loving ministry of Jesus as healer, we commit ourselves to serving all persons with special attention to those who are poor and vulnerable.

Our Catholic health ministry is dedicated to spiritually centered, holistic care which sustains and improves the health of individuals and communities.

We are advocates for a compassionate and just society through our actions and our words.

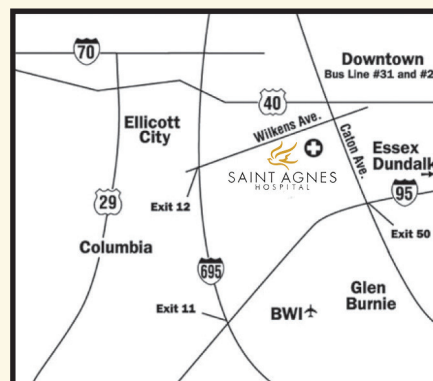
OUR VISION

Patients are our passion. Our physicians and associates are our pride. Healing is our joy.

We will be widely known for the way our physicians, nurses and associates combine sophisticated medical technology with spirituality and compassion. Shoulder-to-shoulder, we stand united in our community to care for those in need. We will be a leader in service excellence.

Balance and Vestibular Rehabilitation Program

Saint Agnes Rehab
Mailstop 047
900 Caton Avenue
Baltimore, MD 21229
667-234-2800 (phone)
667-234-3532 (fax)



Saint Agnes is conveniently located off of Caton Avenue in Baltimore. Valet parking available at Main Entrance.

www.stagnes.org



Balance and Vestibular Rehabilitation Programs

Saint Agnes Healthcare's Rehabilitation Services Department offers a unique, multidisciplinary approach to assist individuals whose balance or dizziness limit everyday activity and mobility.

Common diagnoses treated by the balance and vestibular rehabilitation team include:

- Vestibular (inner ear) disorders: benign paroxysmal positional vertigo (BPPV), vestibulopathy
- Neurologic disorders, including stroke, head injury, tumors, Multiple Sclerosis, Parkinson's Disease
- Orthopedic disorders, including sprains, stress fractures, joint replacement
- Sensory loss secondary to diabetes or peripheral neuropathy
- Recurrent falls or near-falls
- Imbalance or unsteady gait

The professionals in the Balance and Rehabilitation Programs understand that balance is necessary for all activities of everyday life. Balance is a physical ability that should not worsen with age or limit function.

Partners in Recovery

Patients in the Balance and Vestibular Rehab Program are treated by a dedicated team that may include an audiologist, physical therapist, and an occupational therapist.

Audiologists provide diagnostic tests to determine whether the symptoms are related to the inner ear.

Testing may include:

- Audiologic evaluation
- Electronystagmography (ENG) or video-nystagmography (VNG)
- Auditory brainstem response (ABR) evaluation

Physical therapists provide care to improve:

- Imbalance and unsteadiness
- Vestibular disorders

- Vertigo and dizziness
- Walking
- Recurrent falls and near-falls
- Tingling/numbness in the legs or feet
- Muscle and joint systems

Occupational therapists provide care to improve:

- Daily living skills
- Driving skills
- Home and environment safety
- Visual problems
- Memory

Getting Started

A physician's referral is necessary before an evaluation or treatment can be performed. Please contact your physician if you experience imbalance, dizziness, or falls. You may be at risk for falls if you answer "yes" to one or more of the following:

- Are you dizzy when you turn your head, look up or down, or when you turn over in bed?
- Do you use a cane or walker?
- Have you fallen in the past year?
- Do you have a neurological problem that affects your balance (e.g., stroke, Multiple Sclerosis, Parkinson's Disease)?

- Are you inactive? Answer "yes" if you do not participate in active exercise 20-30 minutes at least three times per week.
- Does your lack of balance limit your ability to complete job and household activities?
- Do you take more than four prescription medications?
- Do you feel unsteady when walking, climbing stairs, reaching, or performing everyday activities?

For more information on our balance and vestibular programs, call 667-234-2800.