

# Physical Therapy & Rehabilitation Services

## Meniere's Disease



### Physical Therapy & Rehabilitation Services

Riverside is the largest therapy provider in the region offering both inpatient and outpatient services. At Riverside rehabilitation services, each patient receives a thorough evaluation by a licensed therapist to see what areas the patient needs improvement in. The therapist then develops a treatment plan with goals to address individual needs. Therapy goals are always with patient input, and are achieved through a variety of activities. Riverside therapists aim to help each patient reach their highest level of function possible.

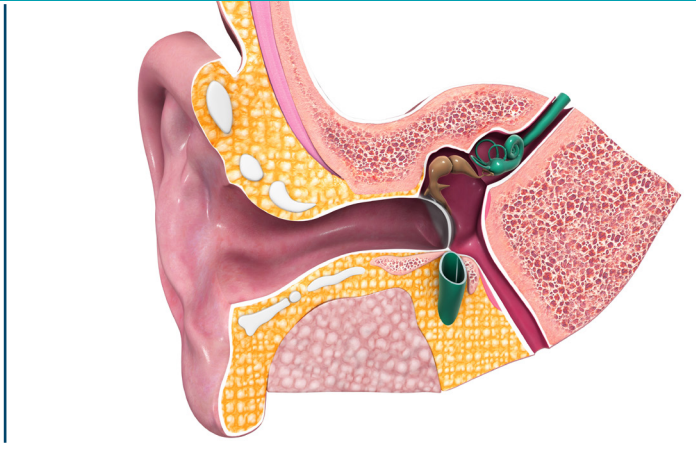
*All patients at our facilities are treated by a licensed therapist or licensed therapist assistant. All patients at our facilities are treated by a licensed therapist or licensed therapist assistant.*



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## Meniere's Disease

An inner ear disorder that causes severe dizziness. It is characterized by the following symptoms:

### Vertigo

Severe dizziness characterized by room spinning, when severe it also can cause nausea & loss of balance.

### Nystagmus

Involuntary eye movement.

### Tinnitus

Ringing in the ears.

### Hearing Loss

Hearing loss usually effects only one ear. If hearing loss occurs in both ears, loss is more pronounced on one side.

### Ear Pressure

Feeling of fullness in ear.

## Causes

The cause of Meniere's Disease is unknown. The most common belief is that it is caused by abnormal changes in the fluid in the inner ear. This may be caused by infection but has not been proven.

## Diagnoses

Meniere's Disease is diagnosed by a series of tests including: hearing tests, balance assessments and sometimes an MRI to rule out neurological disorder(s).

## Differential Diagnoses

**BPPV – Benign Paroxysmal Positional Vertigo** associated with Meniere's Disease is sporadic caused by head movements or certain head positions. The vertigo associated with BPPV can be effectively treated with canalith repositioning but the vertigo associated with Meniere's disease cannot.

## Migraines

Migraines can also cause sporadic vertigo, similar to Meniere's Disease, but hearing loss and tinnitus are not usually associated with migraines

## Treatments

There is no known cure for Meniere's Disease. Treatments include the following:

**Medicine** Diuretics, anti-nausea, and anti-depressant/anxiety medicine are all used to suppress symptoms of Meniere's Disease

### Hearing Aids

**Diet Changes** Eliminating tobacco and caffeine as well as significantly limiting salt intake can help decrease symptoms.

**Physical therapy** CANNOT reduce symptoms of vertigo caused by Meniere's Disease, but can help to improve strength and balance if necessary and appropriate, in order to improve gait/walking if it is impaired.

