



Westhenday

Physio and Massage clinic

**Vestibular Physiotherapy
Edmonton**



Vestibular Physiotherapy Edmonton for Balance Problems

Balance issues can affect everyday life, making simple movements feel uncertain. Many people in Edmonton experience dizziness, vertigo, or unsteadiness due to inner ear or neurological conditions. **Vestibular physiotherapy Edmonton** focuses on identifying the cause of these symptoms and guiding individuals through structured recovery.

This type of physiotherapy is designed to retrain the body's balance system. It uses specific exercises to improve coordination between the eyes, inner ear, and brain. Over time, patients often notice better stability and reduced discomfort.



Understanding Vestibular Rehabilitation

Vestibular therapy involves a detailed assessment of balance, movement patterns, and symptoms. Based on this, a personalized program is created.

Common techniques include:

- Gaze stabilization exercises
- Balance retraining activities
- Head movement coordination drills
- Gradual exposure to motion triggers

These methods are part of vestibular rehabilitation therapy Edmonton, helping the body adapt and regain control. The approach is progressive, meaning exercises are adjusted as improvement occurs.



How Treatment Supports Recovery

The recovery process focuses on improving how the brain processes signals from the inner ear. When there is a mismatch in signals, dizziness and imbalance can occur.

Through consistent therapy:

- The brain learns to compensate for disruptions
- Movement becomes more predictable and stable
- Confidence in daily activities improves

Patients dealing with vertigo, post-concussion symptoms, or age-related balance decline often benefit from vestibular physiotherapy near me searches to find accessible care in their area.



Business Information

Business Name:

Westhenday Physio and Massage Clinic

Address:

876 Webber Greens Drive NW, Edmonton, AB T5T 4K5

Phone:

(587) 416 4101

Website:

<https://www.westhendayphysio.com/>

Google Maps:

<https://maps.app.goo.gl/9eE8J6wk5nVrVUsJ6>

Business Hours:

Monday – Friday: 9:00 AM – 7:00 PM

Saturday: 10:00 AM – 4:00 PM

Sunday: Closed





**Thank
You**

