

First Visit and Therapy Expectations

Our job begins well before you arrive for your first appointment. From gathering referral information, verifying insurance coverage, to convenient scheduling, our staff covers the bases to ensure a worthwhile first visit. Upon arrival, you go through a brief check-in process followed by a thorough evaluation performed by a licensed therapist.

During your evaluation our therapist gathers information to create your specific plan of care. We use up-to-date techniques and state-of-the-art equipment and spend time educating you about your diagnosis, teaching you ways to help yourself while at home.

Financial Assistance

At Rehab 3 we aim to make medical care available to all patients regardless of their financial means. To do this we participate with most insurance companies and offer Financial Assistance to ensure everyone who qualifies has access to the care they need. Please contact us directly to find out how to get started.



Service Locations

	DRST	FMH	Lee	MB	WMMC	WDH
Balance Assessments*	X	X	X	X	X	X
Smart Balance Master		X				X
Computerized Posturography		X				X
Dynamic Visual Acuity		X				X
Infrared Video Goggles		X				X
Vestibular Rehab		X	X			X
Vestibular Specialists		X	X			X
Canalith Repositioning Maneuvers for BPPV		X	X	X		X
Balance Exercise Program	X	X	X	X	X	X
Fall Prevention	X	X	X	X	X	X

*Berg, Tinetti, Dynamic Gait, Home Safety Survey

DRST = Durham Rehab & Sports Therapy Center
 Lee = Wentworth-Douglass Professional Center at Lee
 WMMC = White Mountain Medical Center (Wakefield)

FMH = Frisbie Memorial Hospital (Rochester)
 MB = Marsh Brook (Somersworth)
 WDH = Wentworth-Douglass Hospital (Dover)

Rehab3

One High Standard. Three Local Partners.



Frisbie Memorial Hospital

It's about People. Technology. Trust.

95 South Main Street • Rochester, NH 03867
 Ph: 603-330-8952

Marsh Brook

Rehabilitation Services

7 Marsh Brook Drive • Suite 101 • Somersworth, NH 03878
 Ph: 603-749-6686



Wentworth-Douglass Hospital

THE SEACOAST'S LEADING MEDICAL CENTER

789 Central Avenue • Dover, NH 03820
 Ph: 603-740-2101

www.rehab-3.com

Vestibular and Balance Program

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Rehab 3 Vestibular/ Balance Program

Rehab 3 is helping people overcome dizziness/ vertigo and balance problems. We offer vestibular/ balance programs throughout our network. Some of our therapists have earned advanced certifications in these areas and are able to help many people overcome dizziness and achieve higher levels of function.

Vestibular/ Balance Program

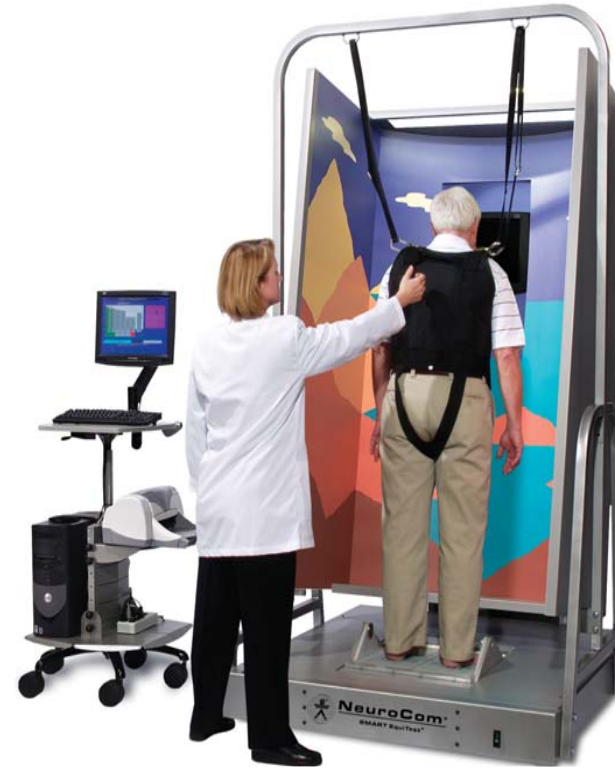
After a thorough evaluation, our therapists craft a well-designed individualized plan of care for optimal outcomes. The evaluation includes balance assessments such as Berg, Tinetti, Dynamic Gait Index, Balance Master, and canalith repositioning maneuvers for Benign Paroxysmal Positional Vertigo (BPPV).

Integral to our program is the Balance Master, a treatment and assessment system that uses interactive computer technology to guide and prompt patients throughout evaluation and treatment. We have Balance Masters at two locations: Frisbie's South Main Street Campus in Rochester and within Wentworth-Douglass Hospital in Dover.

Our Specialized Therapists

Our physical therapists are specially trained to treat balance and dizziness related to these conditions, working closely with ear, nose, and throat specialists, physiatrists, and neurologists. We perform a complete assessment including Platform Posturography Testing using the SMART Balance Master advanced technology to test a patient's balance. We then determine the most appropriate course of treatment. Treatments usually incorporate some or all of the following:

- vestibular habituation and gaze stabilization exercises meant to help retrain the vestibular system.
- balance exercises to improve steadiness with walking and standing activities.
- canalith repositioning maneuver for BPPV- a technique that involves moving your head in specific directions to eliminate a spinning sensation when you move



Diagnoses Treated

Although each patient has different needs, most patients with vestibular and balance problems receive benefit within a few sessions while treatment for some diagnoses may take upwards to 6 weeks.

People with the following diagnoses may benefit:

- Parkinson's Disease
- Cerebral Vascular Accidents or Strokes
- Peripheral Neuropathy
- Benign Paroxysmal Positional Vertigo (BPPV)
- Vestibulopathy
- Neuritis
- Labyrinthitis
- Acoustic neuroma
- Traumatic Brain Injury or TBI
- Post-Concussion Disorder
- Fall History

Fall Prevention Program

Rehab 3 offers a Fall Prevention Program at all of our facilities. For more information, please ask for our Fall Prevention brochure. Addressing problems early reduces your chance of fall and subsequent injury.



Rehab 3

A partnership between Wentworth-Douglass Hospital, Marsh Brook Rehabilitation Services, and Frisbie Memorial Hospital, Rehab 3 offers comprehensive and coordinated rehabilitation services throughout Strafford and Carroll Counties. Responding to the needs of the community one person at a time.

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Common Causes of Vertigo (Dizziness)

- Benign Paroxysmal Positional Vertigo (BPPV)
- Labyrinthitis or vestibular neuronitis (from viral infections)
- Migraine-related dizziness
- Traumatic brain injury
- Meniere's disease
- Acoustic neuroma (benign tumor on the vestibular nerve)
- Bilateral vestibular loss from ototoxic medications damaging the vestibular system
- Unilateral vestibular hypofunction

