

### 3. PHYSICAL THERAPY EVAL - 60 min

Your physical therapy evaluation will last 60 minutes. The physical therapist will take a thorough history of your symptoms and other pertinent medical history to help identify what provokes your symptoms and how often they occur. After reviewing your medical history, the therapist will perform a functional balance evaluation analyzing your strength, flexibility, coordination, gait, and your overall balance and posture.

The therapist will then perform a test called Computerized Dynamic Posturography (CDP). CDP can objectively measure a persons three balance sensory inputs at one time, and can provide detailed results on how well each sensory input is functioning independently, and as a balance system.



For a CDP evaluation, you will be asked to stand in the CDP machine and keep your balance under various conditions. While being tested, you will be closely monitored by the examiner and you will be harnessed into the support system so there is no chance of you falling.

### 4. REPORT OF FINDINGS (ROF) - 30 min

Your ROF appointment will last 30 minutes. One of our physician's will review the results of your diagnostic evaluation in the balance lab, and also the results of your physical therapy evaluation. After reviewing your results, our physician should have enough information to provide a diagnosis for you. Depending on the diagnosis, our physician may then order physical therapy treatment here at NDBC, or request additional work-up with another specialist.

## NDBC LOCATIONS

### Edina (Southdale) Clinic

Southdale Place Building  
3400 West 66th Street, Suite 300  
Edina, MN 55435  
Ph: (952) 345-3000  
Fax: (952) 345-6789

Our clinic is located in the Southdale Place Building. Take Hwy 62 to France Ave and go south. Turn left on 66th Street and another left on Barrie Road. Take your first left into our parking lot.



### Coon Rapids Clinic

320 Coon Rapids Blvd., Suite 200  
Coon Rapids, MN 55433  
Ph: (763) 786-6900  
Fax: (763) 786-6901

**From The North:**  
Hwy 10 to Hwy 47, take Coon Rapids Blvd. Exit (take right) follow to 93rd Ave/Flintwood take left & take 1st right into parking lot.

**From The South:**  
94 to 252 North to 610 East to Coon Rapids Blvd. Exit (take right) go to 1st set of lights (93rd Ave/Flintwood) take right & take 1st right into parking lot.

**From The West**  
610 East to Coon Rapids Blvd. Exit (take right) go to 1st set of lights (93rd Ave/Flintwood) take right & take 1st right into parking lot.

**From The East**  
35W to Hwy. 10 West to University Ave. Exit (take left) follow to Coon Rapids Blvd. (take right) follow to 93rd Ave/Flintwood take left & take 1st right into parking lot.



### Inver Grove Heights Clinic

Babcock Business Park  
1870 50th Street, Suite #1  
Inver Grove Heights, MN 55077  
Ph: (651) 485-4866  
Fax: (651) 554-7669

**From The North:**  
Hwy 52 South to the Mendota/Southview exit, turn right onto Mendota Rd. Go until you reach Babcock Trail and take a left. Go about 1 mile and take a right onto 50th Street & take a left into our parking lot, #1870, right end of bldg.

**From The South:**  
Hwy 494 to Hwy 52. Go North to the Mendota/Southview exit, turn left onto Mendota Rd. Go until you reach Babcock Trail and take a left. Go about 1 mile and take a right onto 50th Street & take a left into our parking lot, #1870, right end of the building.



## Comprehensive Dizziness and Balance Evaluation

at National Dizzy & Balance Center



About Our Services

 **NDBC**  
National Dizzy  
& Balance Center

## INTRODUCTION

Your healthcare provider has requested that you have a comprehensive evaluation in order to help identify factors that may be causing your dizziness or balance problem.

**Our Comprehensive Dizziness and Balance Evaluation Includes four appointments:**

### 1. Initial Medical Evaluation

- Physician
- 60 minute appointment

### 2. Diagnostic Testing in the Balance Lab

- Audiologist
- 2 hour appointment

### 3. Physical Therapy Evaluation

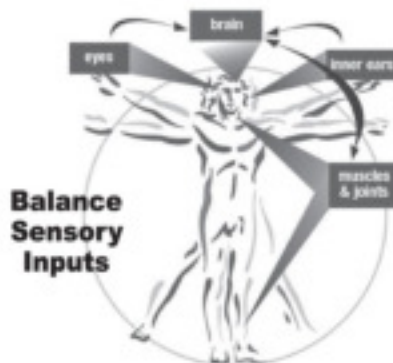
- Physical therapist
- 1 hour appointment

### 4. Report of Findings MD Visit

- Physician
- 30 minute appointment

Depending on your schedule and ours, the four appointments will take place over a 1-2 week period. Your referring physician will be mailed a report after your initial medical evaluation and after your report of findings visit, updating them on the results of your comprehensive evaluation and your continued treatment plan.

It's very important that you have your medical history form and dizziness handicap index completed prior to your scheduled appointment. This will enable our physician the maximum amount of time during your initial medical evaluation to discuss your medical history and provide the best evaluation possible for your maximum benefit.



The human body uses three sensory inputs to maintain balance, they are; Vestibular (inner ear system), Somatosensory (feet, ankles, joints), and Vision (eyes). Our comprehensive evaluation is designed to evaluate each of your sensory inputs and see which one(s) may be contributing to your dizziness or balance problem.

## 1. INITIAL MEDICAL EVALUATION - 60 min

Our medical evaluation is the first step in your evaluation here at NDBC. The purpose of this appointment is to identify any obvious factors that may be contributing to your dizziness or balance problem. This initial appointment is not intended to diagnose your condition, but to gather information that will help other NDBC professionals in evaluating your dizziness or balance problem.

Our physician will review your Patient History and Dizziness Handicap index to help identify any obvious patterns in your symptoms and medical history. After your medical history has been reviewed, our physician will perform a physical examination to assess your balance system and your functional abilities, which is important in determining your ability to perform in our rehabilitation programs.

Our physician may then order one or all of the remaining evaluations to accurately diagnose your condition and to develop an individualized treatment plan just for you.

## 2. DIAGNOSTIC TESTING IN THE BALANCE LAB - 2 hours

Our diagnostic testing labs are state-of-the-art facilities. We have the most sophisticated diagnostic equipment available today for the diagnostic evaluation of vestibular and neurological disorders.

The purpose of balance lab testing is to determine if your dizziness or balance problem may be due to a disorder of the inner ear, central nervous system, the brain.

Your diagnostic testing evaluation in the balance lab with last approximately 2 hours, depending on which tests are performed by the audiologist.

During the rotational chair and Videonystagmography portion of your tests, your eye movements will be recorded with the use of infrared video goggles.

Your eyes are closely linked to your inner ear and brain, and they depend on each other for good balance. Head movements and other stimulations of the inner ear send signals to the muscles of your eyes, which generate eye movements to help you follow objects and maintain your balance.

The measurement of these movements is critical in diagnosing most vestibular and neurological disorders.



Rotational Chair Testing



Videonystagmography