

Our Comprehensive Aviation Program Evaluation Includes These Appointments:

- (1) Initial Medical Evaluation
 - Physician
 - 60 minute appointment
- (2) Diagnostic Testing in the Balance Lab
 - 2-3 hour appointments
 - Audiologist
- (3) Physical Therapy Evaluation
 - 1 hour appointment
- (4) Report of Findings
 - Physician
 - 30 minute appointment
- (5) Physical Therapy Treatment Session
 - Physical Therapist
 - 1 hour appointment

Our comprehensive motion intolerance evaluation is usually conducted over the course of two days due to the length and thorough nature of each appointment. In order to provide you with the best evaluation possible, we ask that if you have any medical records pertinent to your condition, please gather them and bring them with you to your evaluation. This will enable our team to provide the best evaluation possible for your maximum benefit.



Motion Intolerance

(1) Initial Medical Evaluation

Your medical evaluation is the first step in your assessment here at NDBC. The purpose of the appointment is to identify any relevant factors that may be contributing to your motion intolerance. This initial appointment is not to diagnose your condition, but to gather information that will help other NDBC professionals in evaluating your motion intolerance.

(2) Diagnostic Testing in the Balance Lab

The Balance Testing Lab is an area of the art facility that has the most sophisticated diagnostic equipment available today for the diagnosis and treatment of vestibular and neurological disorders. The purpose of Balance Lab testing is to determine if your motion intolerance may be due to a disorder of the inner ear, central nervous system, or your brain. Used 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 accuracy measurement of these movements is critical in diagnosing motion intolerance and neurological disorders. Our report on history at NDBC includes: Videonystagmography, Rotational Chair, Dixhall's, Frenkel's, and an achievement hearing measurement.

(3) Physical Therapy Evaluation

The physical therapist will take a thorough history of your symptoms and other pertinent medical history to help identify what provides your symptoms and how often they occur. After reviewing your medical history, the therapist will perform a functional balance evaluation involving your strength, flexibility, coordination, gait, and your overall history and present.

The therapist will then perform a test called Compensatory Dynamic Posturography (CDP), CDP can objectively measure a person's inner 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. The results of the CDP test will then help your therapist design a custom physical therapy program specific to your condition.

Compensatory Dynamic Posturography (CDP)



(4) Report of Findings

One of our physicians will review the results of your diagnostic evaluation in the Balance Lab, and 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 show other physical therapy treatment, or request additional work-up with another specialist.

(5) Physical Therapy Treatment Session

The physical therapist will review the incidence of flight and motion intolerance, vestibular rehabilitation and the sensory re-education therapy, your particular diagnosis, and the likely course of your rehabilitation program. The therapist will also discuss your role in the rehabilitation process and the prospective risks and benefits of participating in the program.

The rehabilitation itself consists of exercises designed to decrease the intensity of your flight intolerance symptoms. These exercises are broken down into various phases, or levels of difficulty. During your first treatment session the therapist will work with you to determine when to begin, and how quickly to progress through the various phases. If you are able to attain the regular physical therapy exercises your program will be advanced to your next scheduled session. If you are unable to meet your therapist's self-paced assessment, we will begin to progress through the phases before the end of your first visit.

Your responsibility is to then implement and follow the program at home, increasing the difficulty of exercises as laid out by the physical therapist. If you are unable to attain in NDBC, for regular visits you may call or email the physical therapist for assistance or modification of the program, additional visits at NDBC for physical therapy sessions may be recommended.

Note: Our services are generally covered by medical insurance. Please call our office at (913) 383-3888 for assistance with insurance verification and to discuss payment plans for services not covered by insurance.



NDBC
National Dizzy
& Balance Center

A GUIDE TO OUR PROTOCOL

Motion Intolerance Aviation Program

www.StopDizziness.com