

A PARENT'S GUIDE TO **THE DIZZY CHILD**

SIGNS AND SYMPTOMS



These are some of the signs you might notice if your child has a balance disorder:

- headache or migraine
- dizziness or spinning sensation
- trouble seeing when moving his or her head
- motion sensitivity and/or sickness
- difficulty playing sports
- clumsiness

WHAT NEXT

Your first step is to talk with your child's primary care physician or pediatrician about your concerns. If a balance disorder is suspected, your child can be referred to an audiologist for assessment.

TREATMENT OPTIONS

Depending on the results of your tests, your doctor may treat your child medically or refer him or her for a special type of physical therapy targeted at treating balance disorders of the inner ear.

Medical Treatment

It is important that you follow up with a physician who specializes in treating balance disorders of the inner ear. He or she may be able to recommend treatments involving special medications to help with your child's inner ear problems.

Physical Therapy

Vestibular rehabilitation is a specialized area of physical therapy that uses specific exercises and balance training to improve symptoms of dizziness and imbalance caused by problems of the inner ear. The physical therapist can evaluate and provide individualized treatment interventions specific to the diagnosis, needs, and goals of you and your child.

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