



Movement to a better life

“Movement to a better life” encompasses our purpose as we work to help people progress towards their personal goals. This is at the heart of everything we do. It’s why we’re so passionate about helping patients reduce pain, improve overall well-being, and get back to life.

The best care from the best people.

We’re a proudly Canadian healthcare company with over 2500 highly-trained clinicians in over 300 locations coast-to-coast.

Our clinicians will help you achieve your optimal health and quickly recover from illness, injury or surgery. We’re one of Canada’s most trusted healthcare providers and offer a comprehensive range of rehabilitation services.



SPECIALTY PROGRAM: DIZZINESS + BALANCE

Vestibular rehabilitation



We look forward to getting started.

Visit lifemark.ca to find a location near you.

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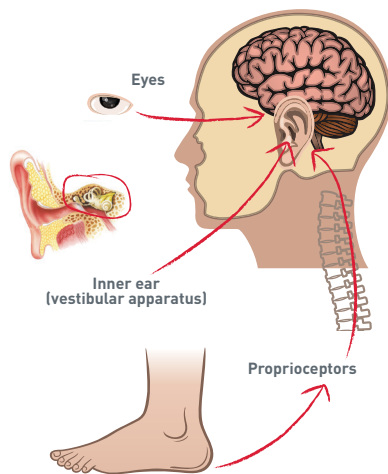
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Vestibular rehabilitation

Vestibular rehabilitation is a proven treatment for dizziness and balance problems and is highly effective for many conditions and all age groups.

The vestibular system includes the parts of your inner ear that sense your head position and movement, the nerve pathways that carry that information to your brain, and the parts of the brain that process it.

The brain uses inputs from the vestibular system, visual system and your muscles and joints to maintain your balance, orientation, and the ability to see clearly when you move.



Causes and symptoms of vestibular issues

Vestibular issues can result from a variety of problems, including inner ear disorders, head trauma, brain-related issues, diseases, medication and more.

Symptoms may include dizziness, vertigo, unsteadiness and visual issues and associated nausea, vomiting, headaches, fatigue and poor concentration.

How can vestibular rehabilitation help me?

We will help you learn about your condition and develop a customized treatment plan to maximize your body's ability to reduce or eliminate symptoms. This may involve a combination of in-clinic sessions and techniques prescribed for you to work on at home.

Treatments may include maneuvers to correct vertigo, techniques to reduce motion sensitivity and improve vision while moving, balance training, and addressing other contributing areas like the neck, lower limbs, diet, lifestyle and psychological well-being.

Benign Paroxysmal Positional Vertigo (BPPV), an inner ear problem, is the most common cause of vertigo. We can normally correct the condition in 1-3 treatments.

Why choose Lifemark?

As part of a comprehensive assessment, Lifemark is one of the few healthcare providers to use infrared goggles to view your eyes in the dark. This allows us to detect abnormal eye movements (nystagmus) that are often unable to be seen in room light. These eye movements give key information to help identify many different ear or brain-related conditions.



Do you feel dizzy, unsteady, or get a spinning sensation?

We can help. No matter your age or how long you've been suffering, we'll work with you to minimize or eliminate your symptoms and get you back to a better life.

Let's get you moving to a better life with a customized treatment plan.

Visit lifemark.ca to find a location near you and book your appointment today.

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