

Donna Anderson: My name is Donna Anderson. I'm a Physical Therapist. I've been working at Ephraim McDowell since 1992, and I received a vestibular certification in 2006. I would see people that are dealing with vertigo and imbalance. Vertigo is a symptom and the underlying root cause of that could be from positional vertigo, neuritis, labyrinthitis, acoustic neuromas, vestibular migraine, balance disorders, concussions would also be included and other unusual causes of vertigo.

Someone should seek out physical therapy for vestibular disorder, which vestibular disorder means inner ear, because we can treat the symptoms and underlying cause, whether it's through a repositioning maneuver or habituation exercises, balance and gait retraining, visual exercises or combination of all of the above. For concussion care, you really would like to seek out care as soon as possible to prevent prolonged recovery. Then if you are having a prolonged recovery, then it's still appropriate to figure out why you're still having symptoms.

I love being a physical therapist, specifically at Ephraim McDowell, because the needs of the patient truly do come first. We're fortunate to have one-on-one time with our patients and really get to know them and understand their problems. It's a very supportive environment with my coworkers as well as administration. We've recently acquired state-of-the-art technology, which will help treat vestibular and concussion patients.

Vestibular therapy is a specialty within the PT profession. It's important to seek out a therapist that has had that extra training and understands the complex situation that presents itself with vestibular disorders. With concussion treatment, don't hesitate to ask your provider if you are questioning your symptoms because concussions get a lot of attention with youth and sports, but my primary caseload with concussions comes from falls in the elderly and from motor vehicle accidents. Please talk to your provider and see if a referral is appropriate for you.