

Soundbite Script – A Balancing Act

Rebekah Lesko, Physical Therapist, OSF HealthCare

“The vestibular system is part of your inner ear and it works closely with your visual system and your somatosensory to control your balance. There are lots of different parts of your inner ear that control your sense of position, when you turn your head, you tilt your head, when you’re moving forward, up and down, and it’s a really intricate system that helps you know where you’re at and how you’re controlling your body.”

Rebekah Lesko, Physical Therapist, OSF HealthCare

“If people are noticing general dizziness symptoms, changes in position, when they’re moving, turning their head quickly, when they try to turn when they’re walking and talking to a friend, those are pretty common signs of vestibular dysfunction.”

Danielle Higgins, Patient

“I have three kids at home and two dogs and a cat so when things get chaotic I do struggle. I have to give myself a timeout and away from the light and the sound. I work in a busy ER so sometimes that involves taking a break at work and changing how I deal with patients and how much interaction time I get. It’s taking a step back and I want to keep going forward but we’re not quite there yet.”

Rebekah Lesko, Physical Therapist, OSF HealthCare

“It depends on the type of condition; if it’s something like BPPV (Benign Paroxysmal Positional Vertigo), where the otoconia is in the canal – that typically takes one or two sessions to get a correction done, so that treatment is very fast. With other type of hypo functions we usually see people one time a week for 6 to 8 weeks. Some people more, some people less. It depends on the person and how quickly they respond to treatment.”

Danielle Higgins, Patient

“When I first started coming here I went to my kids’ baseball games and I couldn’t follow the ball. I would lose sight of it. I’m now able to watch them play sports and follow everything and not get dizzy when I’m going back and forth. I’m slowly able to handle more, taking on the light and computer at work and looking at my phone without getting so bad anymore.”