

# Balance & Dizziness

**Q. My neighbor and I began having unsteadiness and dizziness brought on by head movements at about the same time. Our doctors thought we both had an inner ear virus. She got better in a few weeks, but I am still having problems. Why?**

**A.** When a virus injures the balance system, that injury is like a scar in the sense that damage will always be there. The inner ear doesn't know how to repair itself. Just as with a cold or flu, your body fought off the virus within days. You are now dealing with the damage that's been left behind. Your neighbor got better as her brain learned



**Tom Boismier, MPH**  
Director of ENT Balance

about that bad spot in the inner ear and figured out how to work its way around it. It sounds like your recovery process has simply gotten stuck. Your doctor can refer you to a physical therapist that has specialized post-graduate training in treating inner ear balance problems. The balance therapist can give you a homework exercise program that will speed your recovery.



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10021 Dupont Circle Court • Fort Wayne, IN 46825 • 260-426-8117, ext. 4

Michael J. Disher, MD • Thomas E. Boismier, MPH • Julie Hall, RN, FNP, MSN

Nancy Sholl, PT • Wendy Wierzbowski, PT