



A collaboration between audiology, otolaryngology and occupational/physical therapy

The Pediatric Balance Center at Cincinnati Children's Liberty Campus is designed to help evaluate and treat children with balance disorders, with a specific emphasis on disorders of the pediatric vestibular system.

Some children are born with a vestibular disorder while others acquire it later. There are tests designed to measure how the pediatric vestibular system interprets cues from the eyes, the feet (proprioception) and the inner ears.

What balance symptoms can a child be referred for?

A combination of symptoms or past medical history may contribute to a balance disorder.

- Dizziness/lightheadedness
- Spinning sensation (vertigo)
- Sensorineural hearing loss
- Migraine with dizziness
- Ototoxicity (from medication)
- Head injuries
- Recent onset of unsteadiness

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I am excited to be a part of the Pediatric Balance Center interdisciplinary team. Helping children use their own balance system to the fullest is very rewarding.

— LETTY ENGLISH, PT DPT

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Making a Referral

All children suspected of a balance disorder must have a referral from their primary care physician.

Call 513-803-9630 to make an appointment or for more information.

Referrals may be faxed to 513-803-9615.

What tests are available?

Specific tests are available to help determine if parts of the balance system are causing the symptoms. Some children may feel slightly unsteady, nauseated and dizzy from the tests. However, most children feel fine after the tests.

Videonystagmography (VNG): A camera is used to record eye movements. A "scuba mask" type of head gear is used to hold the camera. Instructions include following lights on a screen and moving into different positions. The final part of the VNG consists of putting warm and cool water into the ears to stimulate the inner ear.

Platform Posturography Test: This test involves standing on a platform that measures the natural sway of each child.

Rotational Testing: Small children sit on their parent's lap and older children sit alone on a chair that gently turns. A camera or electrodes are used to record the child's eye movements.

About Our Team

Our team of professionals works together to evaluate and prescribe the most appropriate treatment.

Otologist: An otologist diagnoses a balance disorder and refers for special testing.

Audiologist: An audiologist performs the balance assessment.

Occupational/Physical Therapist: The therapist completes a sensory motor evaluation that includes an assessment of sensory processing, oculomotor function, balance and self-help skills.

Other professionals such as neurologists, oncologists, psychologists, and neurosurgeons often play an active role in assessing balance disorders.

When Therapy Is Needed

Treatment focuses on:

- Ways to increase and improve safety and self-care independence
- Improving tolerance for movements that the child typically avoids
- Improving sensory processing and adaptive responses to sensory input
- Visual-motor exercises

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