

Saint Vincent Rehab Solutions Offers Certified Vestibular Therapist

Saint Vincent is pleased to announce the addition of Courtney Pastor, DPT, a vestibular therapist specializing in treatment of neurological, inner ear and other conditions that impact balance.

Vestibular therapy is an exercise program provided by a licensed therapist to help patients compensate for a loss or imbalance within the vestibular system and other conditions by teaching them to capitalize on their stronger systems and work to train their less effective ones. Utilizing infrared goggle technology to optimize the evaluation and treatment plan, Courtney creates a plan of care that includes exercise and interventions that will increase safety and independence at home, work and in the community. The result is reduced risk for falls and resulting disability, decreased episodes of dizziness and instability, improved balance, and happier, more functional patients.

Courtney specializes in treating the following disorders:

- Bilateral peripheral vestibulopathy
- Ototoxicity
- Vestibular neuritis
- Vestibular labyrinthitis
- Meniere's disease and endolymphatic polyps
- Concussion
- BPPV
- Perilymphatic fistula and superior canal dehiscence
- Acoustic neuroma
- Vestibular migraine
- Cervicogenic dizziness
- Generalized central and peripheral balance disorders

Courtney earned a Doctor of Physical Therapy degree from Marymount University and certification as a vestibular therapist at Emory University. She most recently served as senior physical therapist at Inova Fairfax Hospital in Falls Church, Va., where she provided physical therapy for patients across a wide range of diagnoses with a primary neurological and vestibular focus. She was co-chairman of the Inova Balance Centers Committee. She is also an active member of Vestibular Disorders Association (VEDA).

If you have a patient who may benefit from vestibular therapy, you can refer them to Courtney Pastor, DPT, by calling 814-452-5231.



Courtney Pastor, DPT

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