



University Hospitals Birmingham
NHS Foundation Trust



Balance rehabilitation

Building healthier lives

UHB is a no smoking Trust

You have been referred for a balance rehabilitation appointment. You will be seen by a balance therapist and the appointment will last up to one hour. You are welcome to bring a friend or relative with you to your appointment. The appointment may be face to face, by phone or via video call.

What does a balance therapist do?

A balance therapist works with adults who have a hearing loss and/or balance problem.

What to expect at your balance rehabilitation appointment

You will be given the opportunity to talk about your balance difficulties and the effect it has on your daily life.

The therapist will give an explanation of how the balance system works and why it causes you the difficulties you are experiencing.

They will show you some balance exercises that you can work through to help you adapt. These exercises will be set to suit your needs. They are not physically difficult exercises and are usually based on small repetitive movements.

The balance rehabilitation exercises will not cause any severe side effects, although some patients may initially experience some mild exacerbation of their normal symptoms whilst doing these exercises.

Balance rehabilitation reviews

The therapist will arrange review appointments as needed.

Communication needs

If you require an interpreter at your appointment please telephone **0121 371 4756** or email **interpreting.service@uhb.nhs.uk**.

Students

Please note that as this is a teaching hospital, a student may carry out some or all of your appointment under supervision of a qualified audiologist. If you do not wish to have a student present during your appointment please let reception know on your arrival.

Patient transport

If you are eligible for patient transport, please contact West Midlands Ambulance non-emergency Patient Transport Service on **0800 035 6511**. Please note that transport is only available for Monday to Friday appointments.



Do you really need to go to A&E?
Check symptoms online quickly and safely.
A **free** service for NHS patients.
uhb.nhs.uk/ask

Audiology

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