



At The Centre for Health and Sports Medicine

Vestibular Assessment Consent Form

Vestibular Rehabilitation Therapy (VRT) is an exercise-based treatment program that incorporates head, eye and body movements in order to decrease dizziness, improve gaze stability, maximize postural control and improve balance. In order to accurately diagnose and treat the cause of your dizziness/imbalance, a detailed assessment must be performed. This assessment will involve:

1. An Ocular-Motor examination which evaluates the eye muscles, visual acuity and the ability to maintain a stable gaze on objects/letters during head movements.
2. A Positional Evaluation which examines the central nervous system and the balance organs of the inner ear. Part of this exam involves head and body movements, including a rapid change in position from a sitting to lying down position. It is modifiable, if necessary, due to back and or neck disorders. Infra-red goggles may be used to record irregular eye movements.
3. Balance Testing, if appropriate.

I understand and agree to the following:

1. Some of the tests described above may cause me to become temporarily dizzy and/or nauseous. For this reason, I have been advised to have someone accompany me to my appointment, should I need them to drive me home. If I do not have someone to accompany me, I understand that I may be asked to wait in the clinic until my symptoms have subsided.
2. I have been advised to abstain from drinking alcohol for 48 hours prior to my assessment, to avoid heavy meals for 2 hours prior to my assessment and to refrain from smoking for 1 hour prior to my assessment.
3. I understand that The Centre for Health and Sports Medicine has a 24 hour cancellation policy. If I cancel with less than 24 hours notice or fail to attend an appointment, I will be charged the full service fee for that missed appointment.

I have read and understood this consent form and my questions have been answered. I understand that I can withdraw my consent at any time.

Patient signature

Date

Witness

Date