

Getting Vestibular Physical Therapy in Your Community

How do I find a vestibular physical therapist in my local area?

- The **Vestibular Disorders Association (VeDA)** has a list of vestibular physical therapists. Always check to see if the therapist you plan to see is a certified vestibular therapist.
 - Go to [Vestibular.org](https://www.vestibular.org) online.
 - Click on “Find a Clinician” in the top menu bar.
 - Under “Healthcare Directory,” type in your address, city and state, or zip code.
 - Next to the space where you type in your address, there is a dropdown menu to pick the search distance. Click on one of the choices (we recommend trying 25 or 50 miles) to limit your search results to how far away you’re willing to go for services.
 - Click on “Advanced Filters.” Then click on “Filter specialties” and click on the box next to “Physical Therapist.”
 - Scroll down the page to see the list of therapists in your area.
- The **American Physical Therapy Association (APTA)** is an excellent resource for finding a vestibular physical therapist.
 - Go to [NeuroPT.org/special-interest-groups/vestibular-rehabilitation/map-of-vestibular-rehabilitation-providers](https://www.neuropt.org/special-interest-groups/vestibular-rehabilitation/map-of-vestibular-rehabilitation-providers) online.
 - Scroll down and click on the “View the Map” button.
 - In the top right corner, click on “Select a State” and scroll down to pick your state.
 - Scroll through the list of vestibular physical therapists on the left sidebar. You can click on the names to see more details about their location and contact information.
- You can call your local hospital to see if they offer vestibular physical therapy services.

- Try to find a physical or occupational therapist that is a certified vestibular therapist. This means the therapist has more specialized training to test and treat your dizziness or imbalance.

What steps do I need to follow to get vestibular physical therapy in my home community?

- You will need an order from a doctor for vestibular physical therapy (PT). An **order** is like a prescription for PT.
- You should always check with your insurance company to see if you need prior authorization for PT services. **Prior authorization** is when the insurance company asks your doctor to confirm that your services or treatment is medically necessary before they agree to cover any costs. You should also ask your insurance company about any limitations on your coverage for PT services. Insurance companies usually will ask for a diagnosis code and CPT (procedure) codes.
 - Commonly used diagnosis codes are R42 (Dizziness) and R26.9 (Abnormality of Gait). You should check with your insurance company to see what diagnosis code is covered for PT under your plan. For Medicare and Blue Cross Blue Shield (BCBS), we usually use the diagnosis code R26.9.
 - The CPT (procedure) codes for PT evaluation (testing) will be 97161, 97162, or 97163. The procedure code we use will depend on how complex your evaluation is. This is usually decided by your PT at the time of your evaluation.

If you have any questions, please contact Michigan Balance – Vestibular Testing and Rehabilitation by calling (734) 936-8051, option 2.

Disclaimer: This document contains instructions for occupational and/or physical therapy exercises developed by University of Michigan Health. Your health care provider has determined that these exercises are beneficial to you based on your condition at this time. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan, including whether it is appropriate to continue doing these exercises should your condition change.

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