

BAFHT Kinesiologist Explanation of Services

The most common reasons for referral to a BAFHT Kinesiologist are for assistance with increasing level of physical activity, management of an injury or chronic disease that negatively impacts level of physical activity, the treatment of vertigo, and kinesiology for pelvic floor therapy. This handout provides a brief explanation of each.

Patients referred for Kinesiology services will be contacted by a BAFHT administrative staff member to schedule an initial appointment with the Kinesiologist.

Reason for Referral: Assistance with Increasing Level of Physical Activity and/or Management of an Injury or Chronic Disease that negatively impacts Level of Physical Activity

The role of the BAFHT Registered Kinesiologist is to help patients increase their level of physical activity and improve their ability to complete tasks of daily living. After assessing functions and movement, the kinesiologist will work with the patient to create an independent exercise plan. It is recommended that comfortable clothing be worn to appointments.

Patients can expect a 45-60 minute in-office initial appointment, followed by up to three 30-minute follow-up appointments that generally occur over a period of 10-12 weeks.

Reason for Referral: Vertigo

Positional Vertigo (BPPV) is a common problem that occurs more frequently in females and older adults. With positional vertigo, crystals or otoconia that occur naturally in the ear canal can dislodge and migrate into one of the semi-circular canals where they don't belong. The movement of these crystals can create the sensation of vertigo (spinning), abnormal eye movements, and nausea. The movements that typically provoke vertigo are looking up, looking down, lying down flat quickly, and rolling over. Treatment for positional vertigo involves placing the head in specific positions that allow the crystals to move out of the inner ear canal.

Patients can expect the maneuver to treat vertigo to take approximately five minutes. The maneuver may temporarily increase their dizziness and nausea. Three to four appointments over a period of 10-12 weeks are generally required.

Reason for Referral: Kinesiology for Pelvic Floor Therapy

Pelvic floor therapy is appropriate for patients experiencing symptoms including, but not limited to, pelvic pain, incontinence, frequency, urgency, and pelvic heaviness. The BAFHT Registered Kinesiologist will take a detailed history and evaluate function of the pelvic floor through an **external** physical exam. They will then provide education, a home exercise program and/or lifestyle modifications, specific to the patients' pelvic floor dysfunction, with the goal of return to optimal function of the pelvic floor. It is recommended that comfortable clothing be worn to appointments.

Patients can expect a 45-60 minute in-office initial appointment, followed by two to three 30-minute follow-up appointments that will occur over a period of 12 weeks.