



The Balance Laboratory & Dizziness Clinic

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Welcome to the Balance Laboratory

Your doctor has referred you to The Balance Laboratory at the University of Rochester Medical Center for help in determining the source of your dizziness and imbalance. Our services for the evaluation and care of patients with dizziness and balance disorders include: 1) diagnostic testing, 2) clinical evaluation and care (doctor visit), or both.

We understand that what you are experiencing may be frustrating and even frightening at times. We will do everything possible to put you at ease during your visit and to help you understand your condition. Below is a detailed description of our laboratory evaluation. Feel free to call us in advance of your appointment if you have questions (585) 275-6395.

Balance Laboratory Testing

Patients suffering from dizziness and imbalance can receive specialized diagnostic testing. The tests include Video- or Electro-Nystagmography (VNG or ENG), a rotatory test, and Computerized Dynamic Posturography (CDP). These tests are performed in a prescribed fashion on all patients referred for balance testing, unless special requests are made by your physician. Tests are performed by a trained technician and interpreted by Gary D. Paige, MD, PhD, a leader in the field of diagnosis and care of patients with balance disorders. A written report is sent to your doctor, usually within one week of testing.

During the VNG test, your eye movements are measured as you track lights on a light bar, have your body or head rotated back and forth, and perform sequential postural maneuvers. Another test involves using temperature-controlled water to stimulate the balance organs of the inner ear on each side. These tests help determine how well your balance (vestibular) system is working in direct relation to the symptom of dizziness or vertigo. These tests take approximately one hour. All are safe and non-invasive.

Rotatory testing, in which your body and/or head is gently oscillated back and forth is sometimes performed. A version of this test is included along with the VNG as noted above.

CDP* measures your ability to maintain standing balance to directly address the *symptoms of imbalance and gait disturbance*. You will stand on a platform with a landscape screen around you. You are then presented with different conditions of floor and/or surround movement to determine how steadily you can stand. Tests of postural control quantify the level of imbalance, dissect potential sources for imbalance and allow us to follow progress and recovery. This test takes 15-20 minutes.

** Some insurance policies neglect to cover CDP, despite the fact that the "gold standard" of coverage, Medicare, does. Because of the direct relevance of CDP to accurately evaluating imbalance, we encourage performance of this test, which in some cases will require self-payment.*