



VIZSTIM

Rewire. Rebalance. Recover.

VIZSTIM Media Kit



The Story of VIZSTIM

Balance dysfunction can be debilitating & can lead to catastrophic outcomes such as falls.

35.4%

of US adults aged 40 years and older (69 million Americans) had vestibular dysfunction...Participants with vestibular dysfunction who were clinically symptomatic (ie, reported dizziness) had a 12-fold increase in the odds of falling.¹

Dr. Ashley – a physical therapist and neurologic clinical specialist – was treating patients with these conditions in clinical settings for 13 years. However, the traditional in person care had limitations to both clinicians and patients.

Dr. Ashley envisioned a new methodology to treat concussions and vestibular issues which promotes proactive recovery for patients rather than the traditional “rest & wait”.

As such, Dr. Ashley founded VIZSTIM to help patients to rewire, rebalance, & recover.

From the onset of developing VIZSTIM, it was imperative for Dr. Ashley to create a suite of kits and educational resources that would be accessible to those without health insurance, flexible schedules, or the ability to travel regularly to a specialist.

¹Source: Agrawal Y, Carey JP, Della Santina CC, Schubert MC, Minor LB. Disorders of balance and vestibular function in US adults. *Arch Intern Med.* 2009;169(10): 938-944. (<https://pubmed.ncbi.nlm.nih.gov/19468085/>)





“I am looking to improve the quality of vestibular recovery through education & exercise from the comfort of your home.

VIZSTIM will improve the carryover of exercises that need to be done frequently at home for long term improvements. The program allows patients to be proactive in their recovery and improve their outcomes.”

- Ashley Contreras, MSPT, DPT, NCS

Dr Ashley Contreras, MSPT, DPT, NCS

Through years of experience, formal training, and ongoing research Dr. Ashley believes we can use the principle of neuroplasticity to recover from neurologic or vestibular injury.

Neuroplasticity is the brain’s ability to modify, change, and adapt. Principles of neuroplasticity define that the exercise needs to be repetitive, intense, & specific to the task that you want to improve.

Current research shows that rehabilitation is the best chance for recovery & that the sooner it is started the better the outcomes.

VIZSTIM is Dr. Ashley’s way to bring about a **paradigm shift in the concussion and vestibular dysfunction space.**



VIZSTIM Kits

VIZSTIM consists of several kits (each designed for specific conditions), journals, and educational materials that all coincide with the recovery exercises for those affected with **concussion**, **balance issues**, and/or **vestibular dysfunction**.



Vestibular Dysfunction Kit

This kit can help reduce symptoms of dizziness, imbalance, brain fog, and visual motion sensitivity.

Concussion Kit

This kit was developed to improve processing of the visual & vestibular systems and their neural connections through the brain.

Balance & Fall Prevention Kit

The exercises in this kit focus on targeting the vestibular, visual, and somatosensory systems which all contribute to our balance.



What Customers Are Saying

“I’m so grateful for my vestibular kit from VIZSTIM. I have suffered from vestibular loss for over 10 years, and I am thrilled to finally have an accessible program that I am able to do at home. Dr. Ashley is wonderful; her instructions and videos are clear and easy to follow.”

- Marla M.

“I was so excited to hear about VIZSTIM! It fills a gap in concussion recovery by providing the tools necessary to guide both clinicians and patients. It is what we therapists have been waiting for!”

- Sarah B., DPT

“Upon using the VIZSTIM kit for balance issues I find it very helpful as it directs you through your needs. I’m not one to visit doctors frequently and this allows for home use with ease. The program is innovative and the videos are easy to follow.”

- Al M.

Contact

Whether you or someone you know is one of the millions who suffer from **concussion**, **balance**, or **vestibular dysfunction**, we invite you to learn more with our VIZSTIM Resources.



Website

VIZSTIM.com



Email

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VIZSTIM



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