



Helena Esmonde, PT, DPT, NCS Bio

Helena Esmonde, PT, DPT, NCS, is driven to help. With more than 15 years of experience treating a wide range of neurologic, balance, and vestibular (inner ear balance system) conditions, she seeks to maximize quality clinical care every step of the way, whether in hospitals, rehab settings, or in the home. Now, as the Chief Clinical Officer and Co-Founder of Vestibular First, her hands-on leadership and patient care experience help to shape and inspire the vision behind Vestibular First's Insight Infrared Video Goggles.

When she first used infrared video goggles in 2014, Helena found that they vastly improved her ability to accurately diagnose and treat vestibular and balance conditions, particularly for more complex patients, such as those with concurrent post-concussive syndrome and BPPV. Unfortunately, her new workplace in 2017 couldn't afford them. Closely collaborating with Patrick Esmonde, MSE (her husband and Vestibular First Co-Founder), Helena developed an affordable and user-friendly version of infrared video goggles so that more clinicians could have access to this essential technology.

Helena has a Bachelor's degree in Psychology from Northwestern University and graduated Cum Laude with a Doctorate in Physical Therapy from Marquette University. She trained in-depth for vestibular specialty at Emory University in 2015, certified to treat Cervicogenic Dizziness in 2016, and attained the prestigious certification as a Board-Certified Neurologic Clinical Specialist (NCS) in 2018. Committed to knowledge sharing, she has served as a teaching assistant at Temple, Jefferson, Neumann, and the University of the Sciences in Philadelphia, recently taught a 1-Day On-Demand BPPV course for Carrick Institute, and co-presented on Dizziness in Home Health for the American Physical Therapy Association's 2021 Combined Sections Meeting. Helena enjoys running and volunteering at local races to support her community, painting watercolor, and learning self-defense at a local Krav Maga studio.