




**FIND BALANCE ONCE AGAIN BY
RELIEVING YOUR
DIZZINESS &
VERTIGO**

YOU CAN LIVE YOUR LIFE AGAIN

ALSO INSIDE

**Why is Balance Compromised by Dizziness & Vertigo?
Exercise Essentials - Healthy Recipe - Staff Spotlight**



FIND BALANCE ONCE AGAIN BY RELIEVING YOUR DIZZINESS & VERTIGO

YOU CAN LIVE YOUR LIFE AGAIN

Balance is a big deal in our everyday world, but we take it for granted. Just think how long it took you to master walking, running, and jumping as a child. Your balance system is incredibly complex and allows you to walk around over steps and obstacles without thinking. However, when balance is affected, it can be difficult to perform daily tasks and activities you enjoy.

According to the Centers for Disease Control and Prevention, "Thirty million older adults fall each year—resulting in about 30,000 deaths. Each year, 3 million older adults are treated for a fall injury. One out of every five falls causes a serious injury, such as broken bones or a head injury."

Dizziness and vertigo are common reasons why someone may experience issues with balance or sustain an unexpected fall. We've all had the sensation of being dizzy - as if you can't focus, can't see straight, can't stand upright without swaying or falling. You may even



experience "tunnel vision," where your peripheral vision goes dark for a few seconds.

Dizziness is common and can have many causes. Vertigo, however, is a little different. While dizziness is typically synonymous with "lightheadedness," which creates the illusion of being unsteady, vertigo is typically a response to a physiological factor that is causing a quite literal imbalance in your body. Those experiencing vertigo have reported feeling as if they are "rocking" or "spinning" even when they are sitting still.

Physical therapy for dizziness and vertigo is a common and effective course of treatment. For inquiries regarding vertigo testing, don't hesitate to contact Element Physical Therapy. If you've been feeling dizzy, or you think you may have some of the symptoms of vertigo, call our office today to schedule an appointment with one of our experienced physical therapists.

WHY IS BALANCE COMPROMISED BY DIZZINESS & VERTIGO?

Just a few of the many factors that can lead to dizziness include lack of sleep, poor nutrition, overexertion, or a physical ailment, such as a head cold or the flu. Some accompanying symptoms to dizziness may include:

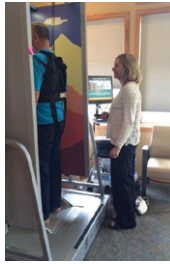
- **Loss of balance**
- **Lightheadedness or heavy-headedness**
- **Momentarily impaired vision (i.e. tunnel vision)**
- **Feeling woozy or faint**

Vertigo is most commonly caused by an imbalance in the inner ear, also known as the “vestibular system.” Your vestibular system helps you maintain your balance and center of gravity by sending messages to your brain regarding your movement. When this is impaired, the necessary messages become blocked from your brain, and your movement becomes affected. Some common causes of vertigo include:

- **Benign paroxysmal positional vertigo (BPPV).** It occurs when the tiny calcium crystals located in your ears break apart and move around to different parts of the ear that they are not supposed to be in. This can cause sudden spinning sensations (vertigo) and inner-ear discomfort.
- **Meniere’s disease.** This occurs when fluid builds up in your ear(s). This typically includes “ringing” sounds in the inner-ear and sudden waves of vertigo that may last for hours. You may also experience momentary hearing losses.
- **Vestibular neuritis.** This is an inner-ear infection that can cause vertigo.
- **Migraines.** Migraines can impact your vestibular system, thus causing episodes of vertigo which may be coupled with sensitivities to light or sound. Vision may also be impaired.
- **Stroke.** A stroke affects movement in your whole body. If you recently suffered a stroke, you may experience waves of vertigo which may linger for extended periods of time.

Some accompanying symptoms to vertigo may also include:

- **Inability to focus or be alert.**
- **Double vision.**
- **Nausea or vomiting.**
- **Arm or leg weakness.**
- **Difficulty seeing or speaking.**
- **Sweating.**
- **Abnormal eye movements.**



How will physical therapy help? Dizziness and vertigo can both hinder your balance, limiting your ability to perform even the simplest of tasks. Luckily, no matter what the cause may be, physical therapy for dizziness and vertigo can help. Element Physical Therapy has some of the most advanced techniques for diagnosing and treating both dizziness and vertigo, including vestibular rehabilitation and videonystagmography.

Vestibular rehabilitation includes treatments such as the Epley maneuver, which allows for canalith repositioning to move the broken calcium crystals in patients experiencing BPPV, as well as Cawthorne head exercises, which focus on decreasing nerve sensitivity and improving vertigo.

Videonystagmography is a highly specialized diagnostic tool for testing inner ear functions. This test determines whether your dizziness or vertigo is being caused by a vestibular disease, and it is the only test available that can decipher whether there is a vestibular loss in one or both ears.

Physical therapy is very important to strengthening joints and learning the right exercises to relieve dizziness and vertigo, in order to improve balance. A professional can help you develop a program that plays into your strengths while increasing your ability to balance and reduce bouts of unsteadiness. Contact Element Physical Therapy today to get started!

Sources: <https://www.mayoclinic.org/diseases-conditions/dizziness/symptoms-causes/syc-20371787>
<https://www.moveforwardpt.com/Symptoms/Conditions/Detail.aspx?cid=8f6ba087-14c0-482e-9280-c65e1776e6e> https://www.google.com/search?q=cdc+balance+statistics&aq=cdc+balance+statistics&aq=c&hl=rome_69157.39800?sourceid=chrome&ie=UTF-8

EXERCISE ESSENTIALS

Perform This Exercise To Improve Your Balance!

BALANCE TANDEM STANCE

Start by placing one foot in front of your other foot in a heel to toe position. Maintain your balance. Return to starting position and repeat. Attempt this exercise alternating the opposite foot in front.



STAFF SPOTLIGHT

MARCUS ROWEN, DPT

Marcus is a native Montanan who was raised in Helena. He received a bachelor's degree in English Literature from Montana State University in 2012 before receiving his doctorate of physical therapy (DPT) in 2016 from Arcadia University in Eastern Pennsylvania. After graduation, he has pursued additional training in a variety of orthopedic and vestibular conditions; he is Certified in Dry Needling (Cert. DN) through the Dry Needling Institute and Certified in Applied Functional Science (CAFS) through the Gray Institute. Marcus appreciates the ability to work with clientele with various musculoskeletal, neurological and vestibular conditions, particularly those with ankle, hip, cervical and balance complaints. Outside of work, Marcus prefers to spend free time traveling, backpacking, reading, and above all else, fly fishing.

Call Element Physical Therapy Today or visit our website



PATIENT SUCCESS SPOTLIGHT

“...always effervescence and with a smile.”

“Jeannie did a great job. I was very impressed with her attitude, care, gentleness and friendly actions that she reminds me of an Alka-Seltzer, always effervescence and with a smile.”

J.D.A.

“They listen to your concerns”

“They listen to your concerns, do further testing to pinpoint the problem, and develop a plan of treatment to resolve it. Then they do it.”

Kent N.

“I love this place!”

“I love this place! I had ankle problems but the lovely ladies fixed it by the next day.”

Thomas S.

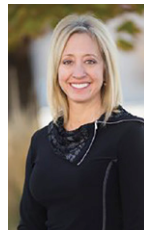


A NOTE FROM AMY

Dear friends,

I hope this newsletter finds you happy and healthy. With COVID-19 restrictions still upon us, we reflect on how our lives have changed over the past year. I am happy to report that Element Physical Therapy celebrated its 10th Anniversary on February 1, 2021! We are very excited to announce that we will be expanding our services to Victor, MT, to better serve those in the Bitterroot Valley.

Another positive change coming your way within the next year is Element Physical Therapy's plan to open up a Balance Center in Missoula. This center will be comprised of physical therapists, audiologists, and a physician. Even though our primary focus is on treating dizziness, balance, and concussions, we continue to treat all orthopedic injuries. Two staff physical therapists are board-certified in orthopedics, which makes our team very well rounded. Make sure you call our clinic for an appointment today!



Our focus continues to be on providing the best care to our patients. We welcome the opportunity to serve each and every one of you.

All the best,

Amy Downing,
PT, Owner, Vestibular Specialist

WE'RE STAYING SAFE!

The staff at Element Physical Therapy is focused on keeping you healthy and our equipment and facilities clean. To prevent the spread of COVID-19, we want to also encourage our patients to help prevent the spread of coronavirus by:



**CLEANING
HANDS OFTEN**



**AVOID TOUCHING
YOUR FACE WITH
UNWASHED HANDS**



**STAYING HOME
IF YOU ARE SICK**

HEALTHY RECIPE

CARROT, GINGER, LIME RAW SOUP



INGREDIENTS

- 1 cup fresh carrot juice
- Juice of 1 lime
- 1-inch chunk ginger root, juiced
- 1/2 large avocado
- 1/2 ear of fresh organic, non-GMO raw corn

DIRECTIONS

Pour the carrot, lime, ginger juice in a blender and add the avocado. Blend until smooth. Pour in a bowl and top the soup with fresh raw corn, shaved off the cob.

at elementpt.com to schedule your consultation today!