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FIND YOUR BALANCE AGAIN BY RELIEVING YOUR VERTIGO

UNDERSTANDING WHEN TO SEE A PHYSICAL THERAPIST OR DIZZINESS

Do you find yourself getting dizzy doing everyday tasks, such as getting out of bed or walking down the driveway to get the mail? Do you find it hard to focus on one thing for long periods of time? Do you feel fatigued, lightheaded, or nauseous at any given time of the day? If so, some of these can be signs of a common head cold – but they can also be signs of vertigo.

A head cold, also referred to as the “common cold” is exactly that — it is one of the most common ailments people experience each year. On average, an adult will typically get 2-3 head colds a year. You know the feeling - stuffy nose, sore throat, dry cough, achiness... the overall feeling of wanting to stay in bed and drink herbal tea all day. Luckily, for head colds, that’s actually the best remedy! Most of these “common colds” will go away on their own (with a little relaxation and maybe a cough drop or two) within a week.

If your symptoms remain mild, it is best to just take time and let yourself heal at home, possibly with the aid of some DayQuil or another nose-throat-and-cough syrup that you can purchase at your local convenience store. However, if your fatigue becomes severe, you begin feeling nauseous, or you start experiencing an overwhelming feeling of dizziness or imbalance, there is a chance you could have vertigo. If so, our physical therapists at Element Physical Therapy can help relieve your symptoms.

WHAT IS VERTIGO?

Before you can determine whether or not you have vertigo, as opposed to a head cold that will go away on its own, it is important to understand what exactly it is. People who experience vertigo typically report an overwhelming sensation of feeling “off balance.” It can make someone feel dizzy, which can lead to nausea, tunnel vision, or even fainting spells.

Imagine standing still and feeling as if the rest of the world is spinning around you — remember those fun-houses with the uneven floors you used to go in as a kid? That’s essentially what vertigo feels like. But what exactly causes it?

THE MOST COMMON CAUSES OF VERTIGO

- **BPPV** – also known as “benign paroxysmal positional vertigo.” While this sounds like a scary, long-winded prognosis, it is essentially an inner-ear infection. This type of infection occurs when microscopic calcium particles called “canaliths” clump up in the inner ear canals. Your inner ear is responsible for sending gravitational messages to your brain regarding the movements of your body. This is how we remain balanced on a daily basis. When the inner ear canals are blocked, the correct messages are unable to make it to the brain, and we become unbalanced — thus, causing vertigo.
- **Meniere’s Disease** – this is a disorder of the inner ear. It is caused by a buildup of fluid and fluctuating pressures within the ear. It has the same effect as BPPV, as the fluid and

Continued inside.

**DISCOVER HOW OUR TEAM OF SPECIALISTS AT ELEMENT PHYSICAL THERAPY CAN GET YOU
FREE OF VERTIGO. CALL (406) 543-7860 TODAY FOR AN APPOINTMENT**

Continued from outside.

pressure will block messages from the inner ear canal to the brain, resulting in imbalance. Meniere's Disease can cause long episodes of vertigo, in addition to tinnitus, commonly referred to as "a ringing of the ears," and even hearing loss in extreme cases.

- **Vestibular neuritis** – also known as "labyrinthitis." Again, this sounds much scarier than it is. It is another inner ear infection, which is typically viral. It causes the inner ear and surrounding nerves to become inflamed, resulting, again, in difficulties with balance due to discrepancies regarding gravitational brain messages. This is how vertigo begins.

As you can see, the most common causes of vertigo are due to issues with the inner ear. However, some less common causes of vertigo can include:

- Injury to the head or neck
- Medications
- Brain tumor
- Migraines
- Stroke

THE MOST COMMON SYMPTOMS OF VERTIGO

- **Dizziness** – this is the most commonly reported symptom of vertigo, also referred to as swaying, spinning, tilting, or even the sensation of being pulled to one direction.
- **Nystagmus** – this is the phenomenon of experiencing uncontrollable eye movements, commonly referred to as "eye jerks."
- **Tinnitus** – this is commonly referred to as "a ringing of the ears."
- Headaches
- Fatigue
- Hearing loss
- Nausea
- Sweating
- Vomiting
- Fainting

HOW WE CAN HELP

It can undoubtedly be difficult to determine when to seek treatment for something. It is true that vertigo can sometimes go away on its own, but it can also progress and result in worsening symptoms over time. Why would you want to take the risk? If you believe you may have the symptoms of vertigo or one of its causes, it is important to consult with a doctor immediately.

Physical therapy is a common treatment for vertigo, and our therapists at Element Physical Therapy are trained to help alleviate any dizzying, lightheaded, or physically unstable symptoms you may be experiencing.

THE MOST COMMON TREATMENTS FOR VERTIGO

- **Vestibular rehabilitation** – this form of physical therapy focuses on the vestibular system, located within the inner ear, and the ways in which we can strengthen it. The vestibular system sends the gravitational messages to your brain about your body movements, and focusing on balance-specific exercises can help in strengthening this system, thus diminishing the effects of vertigo.
- **Canalith repositioning maneuvers** – this form of physical therapy focuses on treatment-specific head and body movements for BPPV patients. These exercises help in moving the calcium deposits out of the inner ear canal to alleviate blockage and allow gravitational messages to be more easily received by the brain. As the blockage shrinks, the symptoms of vertigo will lessen.

If you believe you may be experiencing vertigo, contact Element Physical Therapy today. We'll provide relief for all of your dizzying symptoms..

GO ONLINE OR CALL US TO SCHEDULE AN APPOINTMENT TODAY. (406) 543-7860

HARD OF HEARING? AUDIOLOGY CAN HELP

If you are living with hearing loss (or think you might be), Element Physical Therapy is here for you.

When hearing loss begins, it is actually fairly normal to hear everything in the same pitch, except for certain consonants like S, F, T, etc. Those consonants may be more difficult for you to hear, but everything else may remain the same. Therefore, even though you can still hear, you may begin to have trouble understanding what someone is saying.

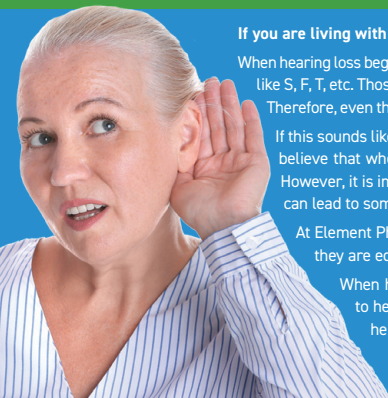
If this sounds like you, there's a chance you may be experiencing the first effects of hearing loss. Many people believe that when they start to develop hearing loss it's no big deal, or perhaps it's "just a sign of aging." However, it is important to seek treatment ASAP once you notice yourself experiencing hearing loss, since it can lead to some harmful conditions down the road.

At Element Physical Therapy, our physical therapists are highly trained and experienced in audiology and they are equipped in treating any hearing impairments they may come across.

When hearing loss is treated professionally in a physical therapy clinic such as ours, we are able to help the missing sounds that you aren't currently processing come through to the brain. This helps stimulate the brain so you can begin hearing clearly once again!

Contact us today to schedule your consultation and get started on the first steps of your treatment plan.

Call Element Physical Therapy Today or visit our website at elementpt.com to schedule your consultation today!



PATIENT SUCCESS SPOTLIGHT

"I highly recommend them."

"I had a terrible pain in my arm from a sports injury. It was near impossible for me to fully extend my arm from my shoulder to my wrist. It hurt to even pick up light objects. In just a few treatments, Amy Downing was able to treat my problem and rid me of my pain. She also provided me with at home exercises to continue therapy on my own. Her professionalism and sincere concern for my situation sets her and the Element Physical Therapy team apart from any other pain relief center I've even been to. I highly recommend them." - **Peter L.**

GIVE US A SHOUTOUT!

WE WANT TO HEAR YOUR SUCCESS STORY!

Scan the QR code below to go to our Google Reviews page. We look forward to hearing from you!



SCAN ME

EXERCISE ESSENTIALS

HEEL RAISE

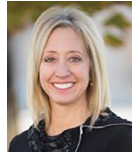
Stand while holding a chair as shown. Slowly stand on your tip toes, lifting your heels as high as you can and hold the position. Then repeat to the starting position. Repeat 6-10 times throughout the day. *Helps Stretch the calf muscles.*



A NOTE FROM AMY

Hello Friends,

Our **FREE** balance screening day will be held on **Thursday, September 23, 2021, from 1 pm - 4 pm. No appointment is necessary.** We will have a team of physical therapists to assess your balance and fall risk. Kinzee Hubachek, AuD., our new audiologist, will also be available to show you the latest on hearing aids and hearing tests. Make sure to invite your family and friends.



We will also be having our Open House on the same day, **September 23, 2021, from 4 pm - 7 pm.** Come see our new location, new equipment, and meet our staff. We are here to answer your questions or just show you around the clinic. Please stop by after work or during your free time. We will be giving away door prizes and gift cards to local businesses. Light appetizers will be served. All are welcome.

We are certainly looking forward to seeing you soon! Thank you, everyone, for all of your support.

All the best,

Amy Downing,

PT, Owner, Vestibular Specialist



HEALTHY RECIPE

THE BEST GUACAMOLE EVER



INGREDIENTS:

- 3 tomatillos
- 1/3 cup chopped onion
- 1/3 cup chopped plum tomato
- 3 tablespoons chopped cilantro
- 1 tablespoon fresh lime juice
- 3/4 teaspoon salt
- 2 ripe peeled avocados
- 2 jalapeño peppers, seeded and finely chopped
- 1 garlic clove, minced

DIRECTIONS: To prepare guacamole, peel papery husk from tomatillos; wash, core, and finely chop. Combine tomatillos, onion, and remaining ingredients; stir well. Serve guacamole with chips.