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## DID YOU KNOW... PHYSICAL THERAPY CAN HELP YOUR VERTIGO

**Do you find yourself getting dizzy doing everyday tasks? Do you find it hard to focus on one thing for long periods? Do you feel tired, lightheaded, or nauseous at any time of the day? If so, some of these can be signs of vertigo. At Element Physical Therapy, our physical therapists can evaluate your condition and help you find relief, sometimes in a matter of minutes!**

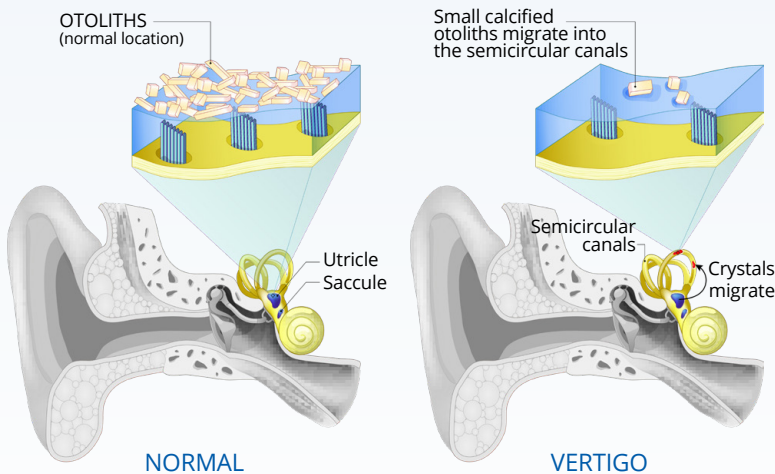
People who experience vertigo typically report an overwhelming sensation of feeling off balance. It can make someone feel dizzy, like you're moving or spinning, resulting in a loss of balance. Some people experience problems focusing their eyes or have ringing in their ears. If severe, the condition can cause sweating and even nausea or vomiting.

Our physical therapists at Element Physical Therapy can help relieve your symptoms. Call today to schedule an appointment with one of our specialists!

### THE MOST COMMON CAUSES OF VERTIGO

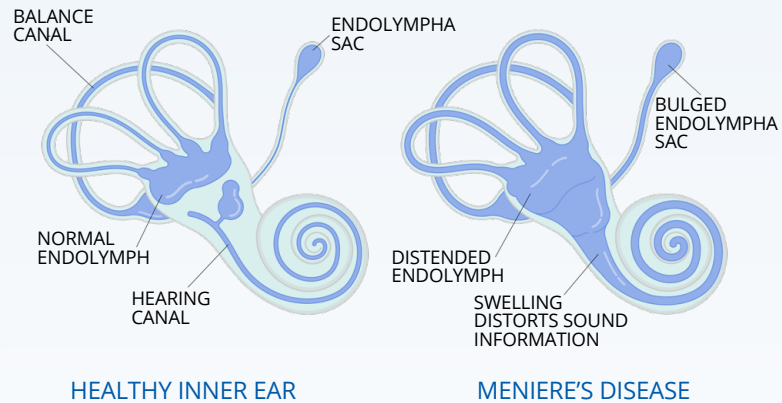
Three common causes of vertigo symptoms are Benign Paroxysmal Positional Vertigo (BPPV), Meniere's Disease, and vestibular neuritis.

**BPPV** 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 daily. When the inner ear canals are blocked, the correct messages cannot make it to the brain, and we become unbalanced — thus, causing vertigo.

**Meniere's Disease** is a disorder of the inner ear caused by a buildup of fluid and fluctuating pressures within the ear. It has a similar effect as BPPV, as the fluid and pressure block messages from the inner ear canal to the brain, resulting in imbalance. Meniere's Disease can cause tinnitus, commonly referred to as "a ringing of the ears," and may even cause hearing loss in extreme cases.



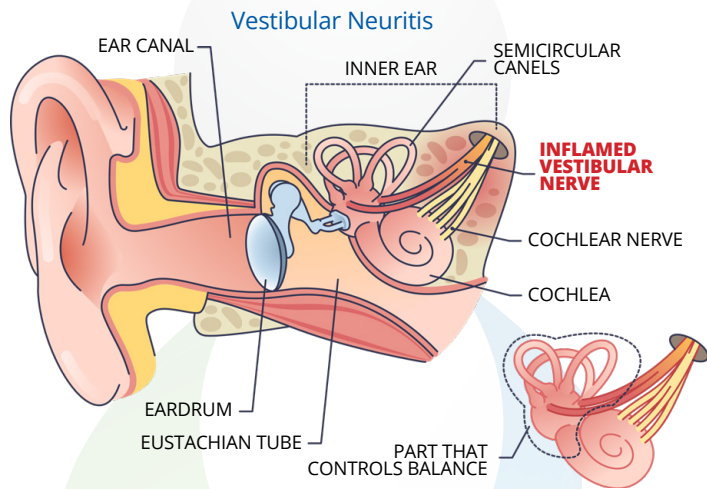
**Vestibular neuritis** is also known as labyrinthitis. This is another type of inner ear infection, but it's caused by a virus. The virus causes the inner ear and surrounding nerves

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# DID YOU KNOW PHYSICAL THERAPY CAN HELP YOUR VERTIGO

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to swell, resulting in difficulties with your balance due to discrepancies in the messages sent to the brain.



Although the most common causes of vertigo are due to issues with the inner ear, some less common causes of vertigo include:

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

Vertigo can sometimes go away on its own, however, it can also progress and worsen over time. If you believe you may have the symptoms of vertigo or one of its causes, it is essential to consult with one of our physical therapists immediately.

## HOW PHYSICAL THERAPY CAN HELP

Physical therapy is a standard treatment for vertigo, and our therapists at Element Physical Therapy are trained to help alleviate any vertigo symptoms you may be experiencing. Your physical therapist will ask you questions to identify the cause of your vertigo and use this information to design the best treatment.

Your physical therapist will perform tests to determine the causes of your vertigo. In some cases, the tests will clarify what is going on and how to resolve it. For example, your physical therapist can test if you have Nystagmus, also known as “eye jerks.” This is the phenomenon of experiencing uncontrollable eye movements and is common with BPPV testing.

Our physical therapists are movement experts. In addition to vertigo testing, they also will determine your risk of falling. Then, depending on the results, your physical therapist may recommend further testing or specific interventions to alleviate your condition and ensure you are safe. The exact treatments will focus on helping you get moving again and managing your vertigo simultaneously.

Treatment may include specialized head and neck movements that you can be taught to do. If you still have dizziness and balance

problems after vertigo stops, your physical therapist can target specific activities to address those problems.

## THERAPEUTIC METHODS FOR VERTIGO

Vestibular rehabilitation focuses on the vestibular system, located within the inner ear. The goal of this kind of therapy is to rebalance your vestibular system.

The vestibular system sends the gravitational messages to your brain about your body movements, and focusing on balance-specific exercises can help reset this system, thus diminishing the effects of vertigo.

Canalith repositioning maneuvers focus on treatment-specific head and body movements for BPPV patients. These exercises help move 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 backup shrinks, the symptoms of vertigo will lessen.

**Physical therapy is essential to identify the correct exercises to relieve dizziness and vertigo and improve balance. We'll provide relief for all of your dizzying symptoms!**

**CONTACT US TODAY TO GET STARTED!**

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## EXERCISE ESSENTIALS

### TANDEM BALANCE, EYES CLOSED

Stand next to the back of a chair and place one hand on it for support. Place one foot right in front of your other so your heel is touching the tips of your toes. Close your eyes and then remove your hand from the floor. Hold this balance for 30 seconds.



Call Element Physical Therapy Today or visit our website at [elementpt.com](http://elementpt.com) to schedule your consultation today!

# MEET SUNNY!

## SUNNY DACKLIN Licensed Massage Therapist

Sunny is from Oregon and completed her education in massage therapy at Central Oregon Community College, in Bend OR. She has been licensed in California, Colorado, Oregon, and now Montana. Sunny has worked in both medical and spa facilities and is trained in a wide variety of massage techniques such as deep tissue, cupping, Swedish massage and trigger point work, Thai foot reflexology, traditional Thai massage, Japanese facial massage, and Zen Shiatsu massage to name a few. She is enthusiastic about spreading care and has a gift for embracing people with special needs. Her favorite hobby is listening to stand-up comedy and having a good laugh.

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## THE DETOXIFIER JUICE RECIPE

### INGREDIENTS

- 2-3 med-lg Beets
- 6 Carrots
- 2 medium Apples
- 1/2 Lemon
- 1-2 inch Ginger

**Directions:** Wash, prep, and chop produce. Add produce to juicer one at a time. Serve cold over ice. May store in tightly sealed jars or glasses in the refrigerator for 7-10 days. Shake or stir well before drinking.

Source: <https://www.modernhoney.com/healthy-juice-cleanse-recipes/>

## A NOTE FROM AMY

### Kick Vertigo to the Curb This Summer!



*Hello friends,*

*I've always been fascinated by the vestibular system. It's remarkable how a relatively small-but highly complex-system of structures in our inner ears plays a huge role in keeping us balanced and upright!*

*That said, I know how alarming it can feel when something's off. Vertigo is a frustrating and sometimes frightening experience. If you're struggling with vertigo, I hope it can bring you some comfort to know that the problem is likely physical in origin — and often easy to resolve!*

*Many people will suffer from vertigo attacks for months or even years without ever seeking help. They don't realize that vestibular rehabilitation is an effective means of addressing their symptom — and that you can say goodbye to vertigo for good with a few simple exercises.*

*Come see me to get started!*

*All the best,*

*Amy Downing,*

*PT, Owner, Emory Certified Vestibular Specialist*

## COME BACK TO PT!

# ARE YOU IN PAIN?

**Come Back to Element Physical  
Therapy today to start enjoying life  
pain-free!**



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