



IS YOUR HEAD SPINNING?

DISCOVER HOW PHYSICAL THERAPY CAN HELP YOUR VERTIGO

Have you ever had a sudden sense that you're spinning in place—even though you're standing perfectly still? If so, then you've experienced vertigo, an unnerving sensation that often indicates an underlying issue with your vestibular system.

A single incident of vertigo probably isn't anything to worry about, as the sensation isn't typically harmful in and of itself. However, multiple vertigo attacks could indicate an underlying issue with your vestibular system, which helps manage your balance and spatial awareness. Frequent vertigo can also increase fall risk, leading to potential injury or hospitalization.

While vertigo can feel hallucinatory and strange, it is more often than not rooted in a physical issue—one that the physical therapists at Element Physical Therapy can help address. Our team's understanding of your body's vestibular and balance systems ensures you can find the relief you need to live a full, healthy life.

Don't let vertigo sweep you off your feet. Call us today to schedule an initial consultation!

UNDERSTANDING VERTIGO: WHAT IT IS, WHAT IT FEELS LIKE, AND WHAT CAUSES IT

Many people use the terms "vertigo" and "dizziness" interchangeably, but vertigo is a specific type of dizziness. Dizziness can refer to a range of sensations: wooziness, lightheadedness, etc. Vertigo refers to a particular sensation in which you feel like you or the space you're in is spinning.

Vertigo is closely associated with your vestibular system, which is located in your inner ear (the peripheral vestibular system) and in your cerebellum (the central vestibular system). Most people with vertigo have an impairment in the peripheral vestibular system: the structures and canals of the inner ear.

What sort of impairments? Here are a few of the most common:

- **Benign Positional Paroxysmal Vertigo (BPPV):** The most common source of vertigo, this occurs when tiny crystals build up in the inner ear canal.
- **Meniere's Disease:** This results from fluid buildup in your inner ear. In addition to vertigo, you might experience hearing loss or muffled hearing, tinnitus, and a sense of fullness in the ear.
- **Labyrinthitis:** This is an inner ear inflammation resulting from an infection.

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It's important to remember that vertigo isn't really a condition in and of itself — it's a symptom. If you can't find an obvious inner ear issue that could be causing your vertigo, you may have **central vertigo**, vertigo that's rooted in your cerebellum. The following can cause central vertigo:

- Stroke
- Migraines
- Vascular disease
- Traumatic brain injury

Our physical therapists will work with you and other providers, if needed, to determine the exact root of your vertigo attacks.

PHYSICAL THERAPY'S ROLE IN TREATING VERTIGO

Many people are surprised that physical therapy is a standard treatment for vertigo, but it's true, especially if you have peripheral vertigo. Our therapists will blend several different treatments to help manage your vertigo attacks while working to improve your overall balance and stability:

- **Vestibular rehabilitation** is a specialized form of physical therapy that consists of exercises specifically designed to address issues with the vestibular system, including relaxation techniques, gaze stabilization exercises, and more.
- **Repositioning maneuvers** help people with BPPV. We can dislodge the crystals causing your symptoms by positioning your head in certain ways.
- **Balance training** is an integral part of any vertigo treatment plan. We'll walk you through exercises designed to challenge—and improve—your overall balance, which helps reduce your fall risk.
- **Conditioning programs** are another important piece in the vertigo puzzle. Muscular weakness, particularly in the core, can contribute to balance issues; a tailored exercise program will help you build the strength you need to stay on your feet.
- Finally, **patient education** ensures you understand the cause of your vertigo and have the tools you need to manage it. For example, we can help you identify and avoid vertigo triggers and provide strategies to make it through vertigo attacks.

SAY GOODBYE TO VERTIGO. CALL ELEMENT PHYSICAL THERAPY TODAY!

Although it's not life-threatening, vertigo can profoundly impact your overall quality of life. Many people with frequent vertigo are less likely to go out or participate in their favorite recreational activities for fear of an ill-timed attack. But our physical therapists can help control — and sometimes even resolve — your vertigo, ensuring you live a rich, active life.

Ready to learn more?
Schedule your appointment today.

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GLUTEN-FREE BREAKFAST HASH

Ingredients

- 5 medium-large potatoes washed and peeled
- 1 large white onion chopped
- 2 tbsp extra virgin olive oil
- 2 green onions trimmed and finely chopped
- 4 eggs
- 1/4 cup shredded cheddar cheese
- Salt and pepper to taste
- 1/4 tsp paprika

DIRECTIONS: Cut potatoes into 1/2 inch wedges. Heat olive oil in a large cast iron skillet or frying pan over medium heat. Cook potatoes for 25 minutes, covered, stirring every 4-5 minutes. Add chopped white onion. Cook for another 5-10 minutes, uncovered, and stirring constantly. When potatoes are crispy and golden brown, add green onions, salt, and pepper. Stir through. With your spatula, make four wells in the potatoes and crack an egg into each one. Sprinkle shredded cheddar all around. Cook until the egg whites are set, or until your liking. Cover pan with lid for poached eggs. Add more olive oil on eggs if desired. Sprinkle eggs with a pinch of paprika seasoning. Serve immediately.



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PATIENT SUCCESS

"Katie was exceptional! I really enjoyed working with her and she seemed very knowledgeable. She was a really great listener and met me where I was at. She was creative in the exercises she gave me to try and fit them into my life and needs. **Daniel at the front desk was also very kind and helpful when booking appointments and answering my questions.** Great experience here!"
—Kari A.

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STAFF SPOTLIGHT



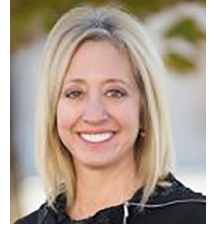
DANIEL CURTISS
PATIENT ACCESS
SPECIALIST

Daniel is a local Montanan, born and raised in the Bitterroot Valley. He attended Missoula College where he received his Associates in Business Marketing/Managing. He has worked in many different fields over the years, beginning with construction with his father, where he built a strong work ethic. In the past he also worked in eldercare as an admin assistant and personal caregiver, where he built a strong compassion for aiding those in need. Daniel's favorite part of his day is seeing our wonderful patients and being able to put a smile on their faces as they come in and feel welcomed. When he's not behind the desk, greeting and assisting our patients, Daniel can be found enjoying his home with his wife, delving into his love of sci-fi and fantasy worlds, and working on his personal projects at home.



A NOTE FROM AMY

The Hidden Risks of Vertigo



Hello friends,

As a vestibular specialist, I've seen firsthand how challenging vertigo can be to live with. The actual sensation is distressing enough, but the risks that come with it can severely impact your day-to-day life.

I've known patients who no longer felt comfortable driving due to their vertigo — making it much harder for them to get to work, run errands, or spend time with their loved ones. Others suffered falls due to their symptoms and, in a few cases, found themselves in the hospital afterward.

I don't say all this to scare you. But I do want to stress just how important it is to find a way to manage your vertigo symptoms. And that's something my team at Element Physical Therapy is well-equipped to do!

Vertigo doesn't have to control your life. Schedule an appointment today to get started.

All the best,

Amy Downing,
PT, Owner, Emory Certified Vestibular Specialist

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STOP THE PAIN!

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

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