



**connections**  
PHYSICAL THERAPY

**NEWSLETTER**

# HOW PHYSICAL THERAPY CAN HELP YOUR VERTIGO



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## HOW 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 Connections 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 Connections 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) and 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 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
- Medications
- Stroke
- 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.

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# How Physical Therapy Can Help!

Physical therapy is a standard treatment for vertigo, and our therapists at Connections 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, 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.

## Call To Make An Appointment

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

Sources:

<https://www.nidcd.nih.gov/health/balance-disorders>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3206229/>

<https://pubmed.ncbi.nlm.nih.gov/31813696/>

<https://www.choosept.com/guide/physical-therapy-guide-vertigo>

## EXERCISE ESSENTIAL

### BRANDT-DAROFF EXERCISE

Sit upright on the side of a bed. Lie down to one side as shown with head angled halfway upwards. Return to the sitting position. Lie to the opposite side, again with the head angled halfway upwards.

*This exercise is designed for pain prevention.  
Call your therapist if you are experiencing any pain!*



# 11 Quick Ways To Add Greens To Your Diet



It's not just kids who don't like eating vegetables. Most adults struggle to get their daily greens requirements. Cruciferous vegetables like Brussels sprouts, kale, broccoli, and cabbage are powerful cancer fighters. Eating plenty of vegetables can also balance your blood sugar and stabilize hunger, supporting weight loss and possibly reducing your risk of type 2 diabetes. This is the power of prevention with greens!

Eating more vegetables shouldn't be a struggle. **These 11 strategies can help make getting more vegetables convenient, simple, and delicious.**

1. Make them more interesting. Look up new recipes.
2. Prep ahead of time.
3. Get everyone involved.
4. Hide them in yummy dishes. Roasted vegetable Lasagna
5. Make an omelet.
6. Make them portable.
7. Slip 'em into smoothies.
8. Upgrade starches. Zucchini fries
9. Double up in restaurants. Simple: Ask your server to skip the potatoes and add another green vegetable.
10. Make it a mission to try a new one. Restaurants usually find ways to make green vegetables taste amazing. Be adventurous and try something new.
11. Buy them fresh or frozen. Frozen vegetables today are far tastier than the ones you might have grown up with. They might also be healthier.

## STAFF SPOTLIGHT



**JIM HOSKER  
PT, DPT, OCS, MTC**

Jim received his Bachelor of Science in Physical Therapy from Northeastern University and went on to receive his Doctor of Physical Therapy from Creighton University. Jim has taken extensive post graduate work in physical therapy and has received his Manual Therapy Certification from St. Augustine University and his designation of Orthopedic Clinical

Specialist from the American Physical Therapy Association. During that time, he was a content writer for the Clinical Specialist Examinations. Jim enjoys treating injuries related to the spine, and shoulder, along with fibromyalgia. Jim feels strongly on having the patient fully understand their condition and what steps are needed to get better.

***"I have three rules that my father taught me, that I always follow.***

1. Never make a patient wait, their time is valuable
2. Teach them about their diagnosis and condition.
3. Listen to the patient (they know their body better than anyone)."

When not working, Jim enjoys spending time outside with his family, hiking in the summer or snowshoeing in the winter.

Jim said, "The vestibular system is an amazing integrative system that, when it works, helps us enjoy life. It gives us our balance, independence and prevents us from injuring ourselves from falling; but when it doesn't work it can be scary and frustrating. The system is made up of nerves, crystals, cilia (hair like structures) and tubes called a labyrinth. Many people know about Benign Paroxysmal Positional Vertigo, when the crystals get knocked out of place, but other issues can occur, such as the labyrinth or the nerve can be irritated or inflamed (labyrinthitis, neuritis respectively). The good news is that physical therapy can help most of these issues, either by helping reposition the crystals or retraining the system through exercise."



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