



# NEWSLETTER



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

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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.

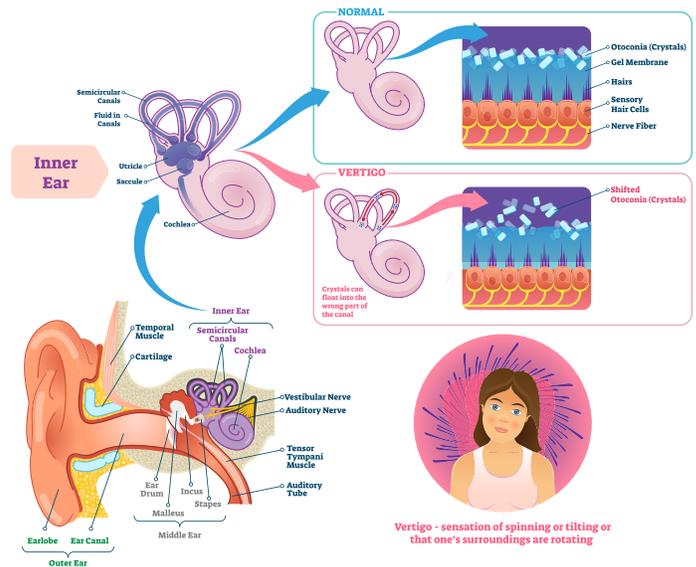
## How Physical Therapy Can Help

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

## Call to Make an Appointment

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!



Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5954334/>; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5806799/>; <https://www.ncbi.nlm.nih.gov/books/NBK482356/>; <https://www.nidcd.nih.gov/health/balance-disorders>; <https://www.choosept.com/guide/physical-therapy-guide-vertigo>

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# 3 TIPS

## TO IMPROVE NUTRITION IN THE FALL

- 1. Harvest Your Herbs.** Herbs tend to have higher levels of antioxidants and other phytonutrients than other types of vegetables. So even though we tend to eat them in relatively small quantities, herbs can add a lot of nutrition to foods.
- 2. Become A Soup chef.** Getting into the habit of making a big pot of soup every weekend is a great way to improve your nutrition all week long. If you're using a pressure cooker or slow cooker, they also need very little supervision while they are cooking.
- 3. Make a New Fermented Friend.** Probiotic foods help to promote the growth of helpful bacteria in your gut. Good gut bacteria can aid in digestion, nutrient absorption, and help you maintain a healthy weight. Here's an easy tutorial on how to ferment vegetables in a mason jar: <https://www.runningtothekitchen.com/how-to-ferment-vegetables/>

## WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to share your PT experience and leave a review. Your story could inspire someone else to improve their lives by seeking PT. We look forward to hearing from you!



# EXERCISE ESSENTIALS

## ROMBERG BALANCE TEST

*Helps Identify Balance Issues*

Start by placing one foot with your heel right next to the arch of your other foot. Keep your knees straight but not locked and bring your arms across your chest. Balance like this making sure to keep your abdominals braced and your butt squeezed. Hold for 30 seconds and repeat once. If you are unable to stay balanced during the test, call Wise Physical Therapy.



*Always consult your physical therapist or physician before starting exercises you are unsure of doing.*

### Do You Have Friends or Family Who Can't:

- ✓ Move without pain
- ✓ Bend and move freely
- ✓ Balance confidently & securely
- ✓ Sit for long periods
- ✓ Walk for long distances
- ✓ Live active and healthy

### Refer Them to Us for Help!

A free gift card for every person you refer to Wise Physical Therapy who becomes a patient!

## "Our Mission is Movement!"



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