

# NEWSLETTER

## HOW PHYSICAL THERAPY CAN HELP YOUR VERTIGO

### INSIDE:

- How Physical Therapy Can Help
- Healthy Recipe: Avocado-Egg Toast
- At-Home Exercise: Single Leg Balance (Ankle)
- Patient Success Story
- Save Costs & Time, See a PT First

Visit us online at [www.FYZICAL.com/bella-vista](http://www.FYZICAL.com/bella-vista)



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## Regain Your Focus With Relief From 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 FYZICAL, 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 FYZICAL can help relieve your symptoms. Call today to schedule an appointment with one of our specialists!

**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

**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.

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.

*(continued inside)*



## WE ARE OFFERING MASSAGE THERAPY!

Starting October 10th, FYZICAL will be offering massage therapy in the clinic. Contact us to schedule an appointment at (479) 855-9348.

## QUOTE OF THE MONTH:

"Don't let the fear of striking out hold you back."  
– Babe Ruth

Schedule an appointment by calling **(479) 855-9348.**

# HEALTHY RECIPE: AVOCADO-EGG TOAST



## INGREDIENTS

- ¼ avocado
- ¼ teaspoon ground pepper
- 1/8 teaspoon garlic powder
- 1 slice whole-wheat bread, toasted
- 1 large egg, fried
- 1 teaspoon Sriracha (Optional)
- 1 tablespoon scallion, sliced (Optional)

## DIRECTIONS

Combine avocado, pepper and garlic powder in a small bowl and gently mash. Top toast with the avocado mixture and fried egg. Garnish with Sriracha and scallion, if desired.

Source: <https://www.eatingwell.com/recipe/267169/avocado-egg-toast/>

# How Physical Therapy Can Help



*(continued from outside)*

Physical therapy is a standard treatment for vertigo, and our therapists at FYZICAL 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! Contact 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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# Save Costs & Time, See a PT First

Did you know that it's less expensive to see a physical therapist before resorting to surgery or other, more expensive methods of pain relief?



Physical therapists are highly trained in human anatomy and physiology. They're considered the musculoskeletal experts in the medical community. Physical therapists use a variety of techniques to diagnose movement and function problems. A typical evaluation lasts up to one hour in most cases, allowing for a comprehensive assessment of your particular condition. Physical therapists are trained to treat the entire body; this means they work with:

- Orthopedic conditions (i.e., muscle, joint conditions)
- Neurologic disorders (i.e., stroke, Parkinson's, MS, etc.)
- Developmental disabilities (all ages)
- Cardiac conditions
- Pulmonary problems
- General Wellness (i.e., exercise, nutrition, prevention)

One of the best ways physical therapy can help you save money is by helping you avoid medication-only strategies and surgeries. Studies have shown that starting with physical therapy is less expensive than surgery or injections. And if those treatments are needed, physical therapy is used in conjunction with the resulting less overall money spent.

The sooner you seek out physical therapy treatments in the early stages of your condition, the more you'll save. And no matter what route you take, incorporating physical therapy has been shown to help your results and improve your overall health and well-being!

## Patient Success Story

**"They have restored  
normal life back to me!"**



"I have basically made the rounds of Physical Therapy establishments over the last 10 years. Had I come here first I believe I would be in a very different place today. I reached a point of almost no hope in ever being even marginally functional again. They have restored normal life back to me. I can't say enough good things in enough places to thank them for helping me. Great folks and fun to be around too, oh by the way."

— Lynn W.

## At-Home Exercise

Use This Exercise To Improve Your Balance.

### SINGLE LEG BALANCE (ANKLE)

Start by standing up straight with your feet close together. Slowly raise one foot off the ground slightly. Make sure to brace your abdominals. Hold for 30 seconds and repeat twice on both legs.



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

Access a pain-free  
life and do what you  
love, comfortably!

Schedule Your  
Appointment:

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