

# An Eye For Balance

By Melanie Olsen

Dizziness is the second most common complaint heard by physicians. Though patients often go to the emergency room or their primary care physician for treatment of their dizziness, medications are often not the cure for these issues. Instead, vestibular rehabilitation is needed through specialized therapy to retrain the balance systems and reduce dizziness.

With specially trained therapists and cutting-edge equipment to analyze and treat balance, dizziness, and vestibular disorders, FYZICAL® Therapy & Balance Centers is the most comprehensive physical therapy clinic in Siouxland for balance and dizziness.

“We’re connected to Ear, Nose & Throat Consultants,” Dr. Mallory Hertz, PT, DPT, explains. “Dr. Powell and Dr. Ford saw a need in the community for their patients to be treated for vestibular therapy. They were seeing these patients for dizziness, they needed therapy, but there was no place to send them. They had learned about FYZICAL and thought, ‘This is exactly what we need for our patients!’”

According to Dr. Hertz, equipment is the number one thing that sets FYZICAL apart. Utilizing Bertec equipment, a Computerized Dynamic Posturography (CDP) can be performed to evaluate the three parts of your balance system (vision, somatosensory, and vestibular function) for deficits that may be contributing to your imbalance or dizziness symptoms. The test measures your movement under six different conditions where the floor and visual surround move both independently

and simultaneously. Information gathered from this test is used to develop a treatment plan that is most appropriate to you, individually. (Only FYZICAL® Therapy & Balance Centers have equipment of this kind in both Iowa and South Dakota!)

Rapid involuntary eye movements, called nystagmus, are often associated with dizziness. However, not all nystagmus is created equal. Recording and studying these eye movements helps in the diagnosis of your dizziness. The team at FYZICAL® uses a specialized test called videonystagmography (VNG) where goggles are placed over the eyes to record eye movements associated with various tests.

The results help to better determine the reason for your dizziness. You and your provider will review your test results together and discuss options and further interventions if necessary.

The Safety Overhead System (SOS) is an overhead track and harness system which is a unique feature to FYZICAL®. It is designed to protect patients from falling during the rehabilitation process while giving them the confidence they need to break through their barriers in a safe environment. “We’re able to challenge patients more because it’s safer,” Dr. Hertz explains. “It also gives patients more confidence to be challenged, because they know they can’t fall.”

FYZICAL® is changing healthcare by focusing on prevention and healthy lifestyles. Their well-care approach is all about improving and extending the lives of the patients they serve. Another area that might not seem like a natural match to imbalance and dizziness is pelvic health.

“In 2018 we expanded our practice into pelvic health,” Dr. Hertz shares. “People think, ‘Those are two weird specialties to be together!’ But the truth is, the risk factors for falls are highly correlated with the risk factors for incontinence. The people with incontinence are also having poor balance, and they’re falling in their rushed trips to the bathroom. So, it’s actually two specialties that go hand-in-hand.”

Pelvic floor rehabilitation is your first line of treatment for better bladder control, better bowel control, control of pelvic pain conditions, pelvic girdle pain in pregnancy and postpartum, and Type III prostatitis in men. Dr. Hertz is very passionate about their pelvic health program, for both women and men. “From a pelvic health standpoint, we have a lot of different techniques that we use. We have a biofeedback machine where we do assessments of the pelvic floor. We combine that with our education and internal work.”

“Our goal is to help the people who need us,” says Dr. Hertz. “What we do is so unique. I’m the only physical therapist in the Siouxland area certified to do internal pelvic exams doing pelvic work full-time. We’re the only physical therapy clinic that specializes in the dizziness and imbalance like we do, too”

Now a team of two physical therapists, two physical therapy assistants, and a front desk person, Dr. Hertz and her team thoroughly enjoy working together. “We really strive for personalized care. We don’t double book sessions. We don’t see multiple patients at a time. We really want to give patients the one-on-one time that they deserve,” she explains.

Call FYZICAL® Therapy & Balance Centers at 605.217.4330 to find out more about help with dizziness, balance, or pelvic health. Visit [www.fyzical.com/dakota-dunes-sd](http://www.fyzical.com/dakota-dunes-sd) to learn more.



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