



living in balance

By Melanie Olsen



605.217.4330 • www.fyzical.com/dakota-dunes-sd
101 Tower Rd #110, Dakota Dunes, SD 57049

If you were asked to describe a crystal, you would likely think of something bright and beautiful, reflecting light and sparkling. Maybe even a special piece of jewelry or clothing would come to mind. But did you know you have crystals inside your body? And that they're an important part of keeping you in balance and walking straight?

In your inner ear canals, there is fluid and tiny little hairs. Over top of these hairs, is a layer of teeny tiny calcium crystals. As you move, those crystals and hairs wave in motion in the fluid and send your brain messages about where your head is at in space- to literally keep you level-headed. Sometimes these crystals come loose and float around on their own and into spaces where they don't belong. When they move into one of the six circle canals, which sense circular motions, it can lead you to have an intense visual spinning sensation despite your body not spinning.

According to the Mayo Clinic, there are over 200,000 cases of Benign Paroxysmal Positional Vertigo (BPPV) in the US each year. The dizziness associated with BPPV is usually described as "room spinning" that lasts 5-15 seconds.

The team at FYZICAL® Therapy & Balance Centers all have advanced training in the treatment of dizziness and imbalance. **They are the only clinic in the Siouxland area that specializes in BPPV treatment.** With testing techniques and technology unique to FYZICAL, they are able to provide advanced treatment of your dizziness, starting at its root, resulting in quick relief for you. By helping you through repositioning maneuvers and exercises aimed at getting your crystals back in the proper place, your vertigo can dissipate and you can go back living your well-balanced life.

FYZICAL® Therapy & Balance Centers is located at 101 Tower Road, #110, Dakota Dunes, South Dakota. Call them today at 605.217.4330 to discover how they can help. Or visit www.fyzical.com/dakota-dunes-sd to learn more. FYZICAL. Spelled different because they are different!



Dr. Mallory Hertz, PT, DPT
Physical Therapist



Dr. Sarah Sitzmann-Ruehle, PT, DPT
Physical Therapist



Krissi Milton, PTA
Physical Therapist Assistant



Hannah Moos, PTA
Physical Therapist Assistant



Colleen McGarity
Client Care Specialist