

THE



**FYZICAL**<sup>®</sup>

Therapy & Balance Centers

# NEWSLETTER

POWERED BY



**Southwest Sport & Spine Center, Inc.**  
*"Powerful results to get you BACK into action."*

# HOW PHYSICAL THERAPY CAN HELP YOUR VERTIGO

SCHEDULE AN APPOINTMENT TODAY



## INSIDE:

- How Physical Therapy Can Help
- We Make It Easy To Leave A Review!
- February is Heart Health Month
- Patient Success Spotlight

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## ADD MORE BALANCE IN YOUR LIFE!

### PHYSICAL THERAPY CAN HELP



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!

### 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:

- Migraines
- Medications
- Stroke
- Brain tumor
- Injury to the head or neck

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)*

# 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>

Mall Drive: 575-223-2805 | Locust Street: 575-243-8097 | Northwest El Paso: 915-248-1227

## FEBRUARY IS HEART HEALTH MONTH

February is heart health month, so there's no better time to give one of your most essential organs the attention it deserves. The therapists at FYZICAL have put together a list of manageable lifestyle changes you can make as soon as today to ensure good heart health for years to come.

**1. Exercise regularly.** Exercise helps your cardiovascular system work more efficiently by delivering oxygen and nutrients to your tissues. If you are not currently exercising regularly, start by taking a ten-minute walk around your neighborhood each day.

**2. Eat lots of fruits and vegetables.** According to a study published in the International Journal of Epidemiology, eating ten servings of fruits and vegetables a day can lower your risk of cardiovascular disease by 28% and premature death by 31%.

**3. Manage your stress.** Did you know that there are over 1,400 biochemical responses to stress? Some of these include a rise in blood pressure and a faster heart rate. For these reasons, stress can have long-term adverse effects on your health. Deep breathing activities and meditation can do wonders for anxiety. Practicing yoga may also help you decrease your stress levels.

## HEALTHY RECIPE: CHICKEN POZOLE

### INGREDIENTS

- 4 c. low-sodium chicken broth
- 3 boneless skinless chicken breasts
- 2 poblano peppers, chopped
- 1 white onion, chopped
- 2 cloves garlic, minced
- 1 tbsp. cumin
- 1 tbsp. oregano
- 2 tsp. chili powder
- 2 tsp. kosher salt
- Freshly ground black pepper
- 2 (15-oz) cans hominy



- Thinly sliced radishes, for garnish
- Sliced green cabbage, for garnish
- Fresh cilantro, for garnish

### DIRECTIONS

Place all ingredients except hominy and garnishes into the slow cooker. Cook on low for 6 to 8 hours, until the chicken is tender and cooked through. Take chicken out of slow cooker and shred with two forks. Return to the slow cooker along with the hominy and cook for another 30 minutes. Serve soup into bowls and garnish with radish, cabbage and cilantro.

<https://www.delish.com/cooking/recipe-ideas/recipes/a55758/crock-pot-mexican-pozole-recipe/>

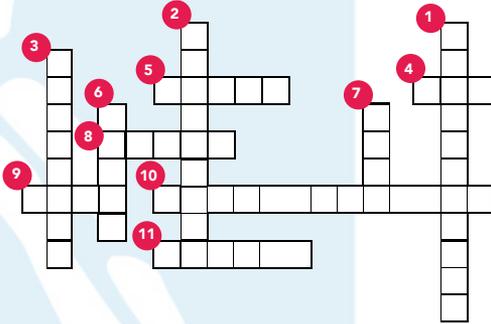
## PATIENT SUCCESS SPOTLIGHT



### Provides very helpful guidance throughout the therapy experience!

"Chris is an excellent physical therapist. He listens and is responsive to patient concerns, has a wealth of knowledge, and provides very helpful guidance throughout the therapy experience. I happily recommend Fyzical and Chris." — **Carolyn S.**

## CROSSWORD PUZZLE



#### ACROSS

- Shoots arrows at people
- Favorite Valentine's Day color
- Favorite flower for Valentine's Day
- Cupid shoot this and people fall in love
- Many people send one to a friend on Valentine's Day
- The name of this holiday is
- Expression often said on Valentine's Day " Be \_\_\_ "

#### DOWN

- Heart shaped candy with words
- "Kisses" is one kind of this type of candy
- The month of Valentine's Day
- Kids love Valentine's Day because they want to eat a lot of
- Valentine's Day is the day of



SWEETHEARTS  
LOVE  
CUPID  
BE MINE

ARROW  
CANDY  
CHOCOLATE  
VALENTINE'S DAY

CARD  
FEBRUARY  
ROSES  
RED

## REAL VIEW DIAGNOSTICS



**Hands On**  
DIAGNOSTICS  
APPROVED DIAGNOSTICS CENTER

### REAL VIEW DIAGNOSTICS

We recognize that many people in our community suffer from pain and need **cost-effective, specialized imaging**. Real View Diagnostics offers fast imaging results for patients and physicians through Musculoskeletal Ultrasound and Nerve Conduction Studies, which allows you and your doctor to receive information about your pain **quickly**.

**At Real View Diagnostics, we give you and your physician fast imaging results at a fraction of the cost of an MRI to help set you on a path to wellness.** Here are some of the diagnostic services we provide:

- Numbness in fingers and toes
- Burning sensations
- Back & neck pain
- Myopathy
- Diabetic Neuropathy
- Rotator cuff tears
- Tendinitis of the elbow, wrist, hand, knee, and ankle
- Arthropathies
- Neuromas & ganglia

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RealViewDiagnostics.com



**WE MAKE IT  
EASY TO LEAVE  
A REVIEW!**



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1. Open your smart phone to the camera app
2. Center the QR code above in the frame (this will take you directly to our Google Review page)
3. Explore our website!

MALL DRIVE

LOCUST STREET

NORTHWEST EL PASO

