



N E W S L E T T E R



**IS IT VERTIGO OR WILL IT GO
AWAY ON ITS OWN?**

ALSO INSIDE:

THE MOST COMMON SYMPTOMS OF VERTIGO • PATIENT
SUCCESS SPOTLIGHT • HEALTHY RECIPE • AND MORE!



N E W S L E T T E R

UNDERSTANDING WHEN TO SEE A PHYSICAL THERAPIST FOR DIZZINESS



Do you find yourself getting dizzy doing everyday tasks, such as getting out of bed or walking down the driveway to get the mail? Do you find it hard to focus on one thing for long periods of time? If so, some of these can be signs of a common head cold – but they can also be signs of vertigo. A head cold, also referred to as the “common cold” is exactly that - it is one of the most common ailments people experience each year. Most of these “common colds” will go away on their own (with a little relaxation and maybe a cough drop or two) within a week.

If your symptoms remain mild, it is best to just take time and let yourself heal at home. However, if your fatigue becomes severe, you begin feeling nauseous, or you start experiencing an overwhelming feeling of dizziness or imbalance, there is a chance you could have vertigo. If so, our physical therapists at FYZICAL can help relieve your symptoms.

What is Vertigo? Before you can determine whether or not you have vertigo, as opposed to a head cold that will go away on its own, it is important to understand what exactly it is. People who experience vertigo typically report an overwhelming sensation of feeling “off balance.” It can make someone feel dizzy, which can lead to nausea, tunnel vision, or even fainting spells.

Imagine standing still and feeling as if the rest of the world is spinning around you – remember those fun-houses with the uneven floors you used to go in as a kid? That’s essentially what vertigo feels like. But what exactly causes it?

• **BPPV** – also known as “benign paroxysmal positional vertigo.” While this sounds like a scary, long-winded prognosis, it 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 on a daily basis. When the inner ear canals are blocked, the correct messages are unable to make it to the brain, and we become unbalanced – thus, causing vertigo.

• **Meniere’s Disease** – this is a disorder of the inner ear. It is caused by a buildup of fluid and fluctuating pressures within the ear. It has the same effect as BPPV, as the fluid and pressure will block messages from the inner ear canal to the brain, resulting in imbalance. Meniere’s Disease can cause long episodes of vertigo, in addition to tinnitus, commonly referred to as “a ringing of the ears,” and even hearing loss in extreme cases.

• **Vestibular neuritis** – also known as “labyrinthitis.” It is another inner ear infection, which is typically viral. It causes the inner ear and surrounding nerves to become inflamed, resulting, again, in difficulties with balance due to discrepancies regarding gravitational brain messages. This is how vertigo begins.

Some less common causes of vertigo can include:

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

Before you can determine whether or not you have vertigo, as opposed to a head cold that will go away on its own, it is important to understand what exactly it is.

THE MOST COMMON SYMPTOMS OF VERTIGO



- **Dizziness** – this is the most commonly reported symptom of vertigo, also referred to as swaying, spinning, tilting, or even the sensation of being pulled to one direction.
- **Nystagmus** – this is the phenomenon of experiencing uncontrollable eye movements, commonly referred to as “eye jerks.”
- **Tinnitus** – this is commonly referred to as “a ringing of the ears.”
- **Headaches**
- **Nausea**
- **Vomiting**
- **Fatigue**
- **Sweating**
- **Fainting**
- **Hearing loss**

How we can help: It can undoubtedly be difficult to determine when to seek treatment for something. It is true that vertigo can sometimes go away on its own, but it can also progress and result in worsening symptoms over time. Why would you want to take the risk? If you believe you may have the symptoms of vertigo or one of its causes, it is important to consult with a doctor immediately. Physical therapy is a common treatment for vertigo, and our therapists at FYZICAL are trained to help alleviate any dizzying, lightheaded, or physically unstable symptoms you may be experiencing.

The most common treatments for vertigo are:

- **Vestibular rehabilitation** – this form of physical therapy focuses on the vestibular system, located within the inner ear, and the ways

in which we can strengthen it. The vestibular system sends the gravitational messages to your brain about your body movements, and focusing on balance-specific exercises can help in strengthening this system, thus diminishing the effects of vertigo.

- **Canalith repositioning maneuvers** – this form of physical therapy focuses on treatment-specific head and body movements for BPPV patients. These exercises help in moving 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 blockage shrinks, the symptoms of vertigo will lessen.

If you believe you may be experiencing vertigo, contact FYZICAL today. We'll provide relief for all of your dizzying symptoms.

Call New Orleans: 504-861-4693 or St. Bernard: 504-277-6052 today to schedule an appointment!

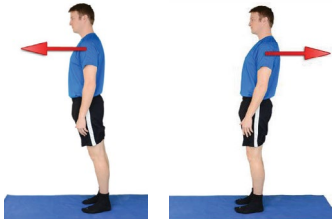
EXERCISE ESSENTIALS

TRY THIS EXERCISE TO IMPROVE BALANCE

BALANCE | ANKLE STRATEGY

Stand with good posture. Sway backwards and forwards keeping your knees and hips straight. Maintain your balance by using your ankles. Sway for 30 seconds. Rest. Repeat 5 times.

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



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TRAIL MIX



INGREDIENTS

- 1 cup raw almonds
- 3/4 cup raw cashews
- 2/3 cup raw pumpkin seeds
- 1/3 cup raw sunflower seeds
- 2 tbsp unsweetened dried cranberries, chopped
- 2 tbsp vegan dark chocolate chips
- sea salt for taste

DIRECTIONS

Chop any large ingredients if necessary to make everything about the same size. Give the dried fruit a light sprinkle of sea salt before you mix it in (it sticks better), or sprinkle the whole mix with salt if you prefer. Combine all ingredients in a bowl and enjoy! Store in an airtight container for up to 2 weeks.

FAREWELL STAFF SPOTLIGHT

A gracious farewell from Nathan Macaluso, PT, DPT

To the FYZICAL Family, my coworkers and patients, I would like to say thank you for the last four years. After a tremendous amount of praying and reflection, my wife and I have decided to relocate our family to Lafayette. We are both excited for the new adventure that awaits us and our children!

To my coworkers, it has been an extreme pleasure working alongside of you and learning from each of you. Of course I will miss the office hijinks, but most of all I will miss the work-family atmosphere. The friendships I have made during this time will never be forgotten, and you have certainly helped mold me into the professional I am today. Thank you for being great colleagues, but even better friends.

To my patients, I leave you in great hands; the combination of Evan, Daniel, and Sydney, more than makes up for my absence! However, you, too, will be greatly missed. It is not uncommon for me to lose sleep over a challenging case or to say extra prayers for a struggling patient. You are the reason I am excited to come to work. Hearing about your victories and sharing those moments with you brings me great happiness and ultimately is why I became a physical therapist. Thank you for allowing me to serve you and help you.

While this moment is bittersweet, it brings me peace and joy to know that I am leaving FYZICAL with a good heart. Thank you all for having me over the last four years; I sincerely wish all of you the best!



HAPPY EASTER!

Happy Easter from your FYZICAL New Orleans and St. Bernard team!



PATIENT SUCCESS SPOTLIGHT!



After just one FYZICAL visit, it was 70% better! .

"I spent two years suffering with vertigo. I could not enjoy normal life activities and felt helpless. After just one FYZICAL visit, it was 70% better! I am now vertigo free and can't thank Dr. Evan and the entire staff enough!"
- Jennifer L.



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