

THE



FYZICAL[®]

Therapy & Balance Centers

NEWSLETTER

POWERED BY



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

RELIEVE YOUR DIZZINESS & VERTIGO

SCHEDULE AN APPOINTMENT TODAY



INSIDE:

- How Physical Therapy Can Help Your Balance
- Vertigo and Car Accidents— How You Can Recover
- We Make It Easy To Leave A Review!
- Patient Success Spotlight

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IT'S TIME TO IMPROVE YOUR BALANCE!

PHYSICAL THERAPY CAN HELP



Have you noticed you are not as steady as you used to be? Do you notice that dizziness makes you feel less balanced? No matter your age, you can improve your balance. At FYZICAL, we can help you figure out what is causing your vertigo and/or dizziness and, more importantly, how to resolve it!

Balance is a big deal but we take it for granted. Your balance system is incredibly complex and allows you to walk around obstacles without thinking. However, it can be challenging to perform daily tasks and activities you enjoy when your balance is affected.

If you've been feeling dizzy, or you think you may have some of the symptoms of vertigo, call FYZICAL today to schedule an appointment with one of our experienced physical therapists.

What is causing your dizziness and/or vertigo? Dizziness is a general term used to describe a sense of unsteadiness that may be due to a lack of sleep, poor nutrition, overexertion, or a physical ailment (i.e., a head cold or the flu). Dizziness can also occur from something as simple as standing up too quickly after an extended period of rest. Some accompanying symptoms to dizziness may include:

- Loss of balance
- Lightheadedness or heavy-headedness
- Momentarily impaired vision
- Feeling unsteady or faint

Vertigo is the result of an issue in your inner ear, also known as the "vestibular system." Your vestibular system helps you maintain your balance and center of gravity by sending messages to your brain regarding your movement.

When the vestibular system is impaired, the messages to your brain are altered, and your movement becomes affected. You may feel as if the world is spinning around you, you can't focus your vision for prolonged periods, or you can't stand/move appropriately without feeling like you'll topple over. Some common causes of vertigo include:

- **Benign Paroxysmal Positional Vertigo (BPPV).** This is the most common cause of vertigo. It occurs when the tiny calcium crystals located in your ears break apart and move around to different parts of the ear that they are not supposed to be in.
- **Meniere's disease.** This occurs when fluid builds up in your ear(s). This typically includes ringing sounds in the inner ear and sudden waves of vertigo that may last for hours. You may also experience momentary hearing losses.
- **Vestibular neuritis.** This is an inner-ear infection that can cause vertigo.
- **Migraines.** Migraines can impact your vestibular system, and may be coupled with sensitivities to light or sound, or may also impair your vision.
- **Stroke.** A stroke affects movement in your whole body. If you recently suffered a stroke, you may experience waves of vertigo which may linger for extended periods of time.

(continued inside)

HOW PHYSICAL THERAPY CAN HELP YOUR BALANCE

(continued from outside)

Some accompanying symptoms of vertigo may also include:

- Inability to focus or remain alert.
- Double vision.
- Nausea or vomiting.
- Arm or leg weakness.
- Difficulty seeing or speaking.
- Sweating.
- Abnormal eye movements.

How physical therapy can help your balance. Dizziness and vertigo can both hinder your balance, limiting your ability to perform even the simplest of tasks. Luckily, no matter the cause, physical therapy for dizziness and vertigo can help.

At FYZICAL, our therapist has some of the most advanced techniques for diagnosing and treating dizziness and vertigo, including vestibular rehabilitation and videonystagmography. Our physical therapists will perform a proper physical examination and take a thorough medical history to ensure we provide a comprehensive and personalized treatment plan.

The primary goal of the assessment is to identify the specific cause of your dizziness and use a combination of manual therapy, balance exercises therapy, posture corrections, and education to help you resolve your condition. The most common treatments will focus on:

- Reducing vestibular symptoms through specific head and body movements and positions. These movements help restore the calcium deposits to alleviate your dizziness.
- Balance exercises and vestibular rehabilitation. Specific balance exercises and particular activities focus on decreasing nerve sensitivity and reducing the effects of vertigo.
- Postural education to optimize function.

Our therapists may use videonystagmography to determine whether a vestibular disease is causing your dizziness or vertigo. It is the only test available to decipher whether there is a vestibular loss in one or both ears. This non-invasive test uses infrared goggles to record a patient's eye movements to determine how well the patient can react to visual stimuli responses sent from the vestibular system.

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

Call to make an appointment. Physical therapy is essential to identify the correct exercises to relieve dizziness and vertigo to improve balance. Contact FYZICAL today to get started!

Sources: <https://www.nidcd.nih.gov/health/balance-disorders>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3206229/>
<https://pubmed.ncbi.nlm.nih.gov/31813696/>

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

SUDOKU

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

INSTRUCTIONS:

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



PATIENT SUCCESS SPOTLIGHT



Able to help relieve my headaches and dizziness within the first visit!

"After suffering a bad concussion, Daniel was able to help relieve my headaches and dizziness within the first visit. The team was very knowledgeable and I was able to return back to softball within a few visits. Would definitely recommend to all family and friends!" — **Jay B.**

VERTIGO AND CAR ACCIDENTS- HOW YOU CAN RECOVER

Have you recently been involved in a car accident? Are you now experiencing consistent dizziness, tinnitus (ringing in the ears), motion sickness, or headaches? Chances are, you could have vertigo. One of the most common car accident injuries is whiplash. The impact of the crash forces your head and neck forward and backward. The abrupt movements stretch your neck beyond its normal range of motion, causing minor tears in your tendons and muscle fibers. Whiplash can cause symptoms ranging from pain, to vertigo, to balance and coordination issues.

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. In addition to vertigo testing, they will determine your risk of falling. The exact treatments will focus on helping you get moving again and managing your vertigo simultaneously. 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 how we can strengthen it. The vestibular system sends gravitational messages to your brain about your body movements. Focusing on balance-specific exercises can help strengthen 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 move the calcium deposits out of the inner ear canal to alleviate blockage and allow gravitational messages to be more readily received by the brain. As the blockage shrinks, the symptoms of vertigo will lessen.

If a car accident has left you feeling dizzy, don't panic. The relief you need can be found at FYZICAL. Contact us today to get started on your personalized treatment plan.

MEET OUR STAFF TROY TIGGES

Troy Tigges, Physical Therapist
PT, DPT



Hello, I am a graduate of Des Moines University in Iowa and a recent transplant to New Mexico. My fiancée is an Athletic Trainer and works with the military at Fort Bliss. We are excited to experience the southwest. A fun fact about me is that I think anything over 65 degrees outside is warm (Remember, I am from the Midwest). I am an avid exerciser and enjoy lifting weights. My physical therapy motto is: "An active body is a happy body." My favorite quote is from Will Ferrell, "Everybody love everybody."

NO REFERRAL? NO PROBLEM!



FYZICAL[®]
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Did you know we can see you for PT with or without a doctor or other healthcare provider's referral? One of our physical therapists will evaluate you, and customize a treatment plan to reduce your pain and get you moving better. Refer yourself or someone you care about!