



FYZICAL[®]
Therapy & Balance Centers

HEALTH & WELLNESS

NEWSLETTER



RELIEVE YOUR DIZZINESS & VERTIGO

How Physical
Therapy Can Help
Your Balance

Invest In Your Health
This Summer!

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By Eating Better

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RELIEVE YOUR DIZZINESS & VERTIGO

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 Therapy & Balance Centers, 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 Therapy & Balance Centers 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.

Some accompanying symptoms to 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.



LET'S GET YOU BETTER ASAP!

Scan the QR Code to schedule your next appointment now!



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 Therapy & Balance Centers, 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 Therapy & Balance Centers 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/>

WE WANT TO HEAR FROM YOU!

Help us help more people in our communities by sharing your experience with Fyzical Utah!



DON'T NEGLECT YOUR PAIN ANY LONGER.

Scan the QR Code to schedule your next appointment now!

INVEST IN YOUR HEALTH THIS SUMMER!

Your health is your greatest asset; it impacts every aspect of your life. We sometimes take our good health for granted until we get sick or become injured or make unhealthy choices for the sake of convenience. Maybe we even ignore painful injuries, citing that we don't have the time or money to treat them.

The truth is, your health is an investment. Ignoring painful injuries or conditions or making unhealthy choices that seem like the "easiest" option will only hurt us in the long run and result in much more money and time spent.

YOU SHOULD NEVER PUT OFF TREATING YOUR PAIN.

This could result in long-term problems that may require surgery or expensive treatments down the road. On the other hand, physical therapy is an affordable option that can help treat your pain before it accelerates to the point of no return.

Not only can a physical therapist treat your pain, but they can also make recommendations on how you can live a healthier lifestyle. If you struggle with your diet, they can provide you with nutritional guidance. If you have trouble exercising, a therapist can help motivate you to get active and prescribe you a series of personalized exercises to help combat your pain and improve your overall health.



You will be treated with compassion, empathy, and patience at our physical therapy clinic. We can get to the root cause of your pain and treat your symptoms at their source.

You don't have to live with pain. Especially not when accessible and affordable treatment options exist in physical therapy. It's time to start prioritizing the most important thing in your life— your health. Give us a call today to unlock the relief and guidance you deserve.



FEEL BETTER BY EATING BETTER TRADITIONAL CREPES RECIPE

- 2 eggs
- 1 cup milk
- 2/3 cup all-purpose flour
- 1 pinch salt
- 1 1/2 teaspoons vegetable oil

In a blender combine eggs, milk, flour, salt and oil. Process until smooth. Cover and refrigerate 1 hour.

Heat a skillet over medium-high heat and brush with oil. Pour 1/4 cup of crepe batter into pan, tilting to completely coat the surface of the pan. Cook 2 to 5 minutes, turning once, until golden. Repeat with remaining batter. Garnish with fresh fruit of your choice.

Give us a
call today!

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