

THE



FYZICAL[®]
Therapy & Balance Centers

NEWSLETTER

2021

FIND YOUR BALANCE AGAIN BY RELIEVING DIZZINESS AND VERTIGO

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FIND YOUR BALANCE AGAIN BY RELIEVING DIZZINESS AND VERTIGO

Balance is a big deal in our everyday world, but we take it for granted. Just think how long it took you to master walking, running, and jumping as a child. Your balance system is incredibly complex, and allows you to walk around over steps, and obstacles without thinking. However, when balance is affected, it can be difficult to perform daily tasks and activities you enjoy.

According to the *Centers for Disease Control and Prevention*, "Thirty million older adults fall each year—resulting in about 30,000 deaths. Each year, 3 million older adults are treated for a fall injury. One out of every five falls causes a serious injury, such as broken bones or a head injury."

Dizziness and vertigo are common reasons why someone may experience issues with balance or sustain an unexpected fall. We've all had the sensation of being dizzy - as if you can't focus, can't see straight, can't stand upright without swaying or falling. You may even experience "tunnel vision," where your peripheral vision goes dark for a few seconds.

Dizziness is common and can have many causes. Vertigo, however, is a little different. While dizziness is typically synonymous with "lightheadedness," which creates the illusion of being unsteady, vertigo is typically a response

Whether you have an acute injury, a chronic condition, or balance problems, seeing a physical therapist at FYZICAL Therapy & Balance Centers can help you return to a more active and pain-free life. Give us a call today at:

Bradenton-Central Clinic: (941) 749-1734

Ellenton Clinic: (941) 721-1854

South Sarasota Clinic: (941) 894-6848

to a physiological factor that is causing a quite literal imbalance in your body. Those experiencing vertigo have reported feeling as if they are "rocking" or "spinning," even when they are sitting still.

Physical therapy for dizziness and vertigo is a common and effective course of treatment. For inquiries regarding vertigo testing, don't hesitate to contact us. If you've been feeling dizzy, or you think you may have some of the symptoms of vertigo, call our office today to schedule an appointment with one of our experienced physical therapists.

Why is my balance compromised by dizziness and/or vertigo?

Just a few of the many factors that can lead to dizziness include lack of sleep, poor nutrition, overexertion, or a physical ailment, such as 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 (i.e. tunnel vision)
- Feeling woozy or faint

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WHAT CAUSES VERTIGO?

The causes of vertigo aren't nearly as vast. In fact, vertigo is most commonly caused by an imbalance in the 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 this is impaired, the necessary messages become blocked from your brain, 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 of time, or you can't stand/move properly 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. This can cause sudden spinning sensations (vertigo) and inner-ear discomfort.

- 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 thus causing episodes of vertigo which may be coupled with sensitivities to light or sound. Vision may also be impaired.
- 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.

How will physical therapy help?

Dizziness and vertigo can both hinder your balance, limiting your ability to perform even the simplest of tasks. Luckily, no matter what the cause may be, physical therapy for dizziness and vertigo can help FYZICAL Therapy & Balance Center has some of the most advanced techniques for diagnosing and treating both dizziness and vertigo including vestibular rehabilitation and videonystagmography.

Physical therapy is very important to strengthening joints and learning the right exercises to relieve dizziness and vertigo, in order to improve balance. A professional can help you develop a program that plays into your strengths while increasing your ability to balance and reduce bouts of unsteadiness. Contact us today to get started

CALL US TODAY TO MAKE AN APPOINTMENT!

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ELLENTON: (941) 721-1854

SOUTH SARASOTA: (941) 894-6848

<https://www.mayoclinic.org/diseases-conditions/dizziness/symptoms-causes/syc-20371787>
<https://www.moveforwardpt.com/SymptomsConditionsDetail.aspx?cid=8fab487-14c0-482e-9280-c655e1776e6e>
<https://www.google.com/search?q=cdc+balance+statistics&oq=cdc+balance+statistics&as=chrome..69f57.3980j07&sourceid=chrome&ie=UTF-8>

FRUIT SPARKLERS



INGREDIENTS

- 1 whole watermelon
- 16 ounces fresh blueberries
- Bamboo skewers

DIRECTIONS

Cut watermelon vertically into 1 inch thick slices. Use a small star cookie cutter to cut out star shapes from the flesh of each watermelon round. Thread 7-10 blueberries into the center of each bamboo skewer, leaving enough space at the end for someone to be able to comfortably hold it, and a space at the top for the watermelon star. Place the watermelon star on top and set the fruit sparklers on a serving tray. Cover and refrigerate until ready to enjoy.

GET TO KNOW OUR TEAM: BRIAN WERNER, PT, MPT



Brian Werner is the National Director of Balance and Vestibular Programs at FYZICAL Therapy & Balance Centers. After graduating from Northern Arizona University in 1999, he immediately opened the Balance Center of Las Vegas in 2001 and the Werner Institute of Balance and Dizziness in 2005. He regularly presents at National Physical Therapy Conferences and teaches continuing education courses in concussion, fall prevention, balance, and vestibular rehabilitation. He brings an extensive expertise in balance, vestibular, and falls prevention therapy to the South Sarasota team.

FOLLOW THESE TIPS TO MAKE SURE YOU'RE SUMMER READY



1. Get outside!

Make your way over to your local pool, peruse around nearby shops, or simply take a walk around the neighborhood to get out, get moving, and enjoy the weather!

2. Rearrange your schedule.

Try taking a walk during your lunch break, going to the gym in the morning before making your commute, or even treating yourself to an exercise class a couple nights a week – you deserve it!

3. Get healthy for your summer team.

At FYZICAL Balance & Training Center, we also offer training and performance classes to train your body for your specific sport! Contact us to find out how we can get you to your peak performance for your summer team.

4. Start something new!

Try taking up a new hobby that'll get you moving! There are several outdoor activities that'll allow you to take advantage of the warm weather, such as beach volleyball, running clubs, kayaking, rock climbing, or hiking. Any new physical hobby will help you get the exercise you need.

5. Contact us for help.

If you find yourself in any sort of pain, or if you'd simply like some extra motivational assistance, don't hesitate to contact us.



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Patient Success Spotlight



Frank and the staff at Fyzical were more than knowledgeable and professional. They were relational which goes a long way in patient care. I was there for nearly 4 months after ACL and meniscectomy surgery during the COVID-19 pandemic. Frank was inventive and flexible with assessing my progress each day for my therapy. They kept everything constantly clean as well. Frank worked specifically to help my out of state worker's comp stay valid and up to date. I miss all the therapist friends I made there! -A.R.

**15 MINUTE
CONSULT
CALL TO
SCHEDULE
TODAY!**

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Limited to the first 25 callers.
Expires 08-31-21