

THE



**FYZICAL**<sup>®</sup>

Therapy & Balance Centers



APRIL, 2022

# NEWSLETTER



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**WHY AM I  
DIZZY AND  
WILL IT GO  
AWAY ON  
ITS OWN?**



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## WHY AM I DIZZY AND WILL IT GO AWAY ON ITS OWN?

Do you find yourself getting dizzy doing everyday tasks, such as getting out of bed or walking down the driveway to get the mail? Have you noticed you are not as steady as you used to be? At FYZICAL, we can help you figure out what is causing your dizziness and, more importantly, how to resolve it!

Dizziness, loss of balance, and vertigo can affect people of all ages and is a subject of concern for someone having difficulty performing household tasks, work-related activities, or sports performance.

For some people, the symptoms seem to start without any reason, but for others, they occur following an injury, surgery, illness, or experiencing the effects of the aging process. Many people have questions about their dizziness and physical imbalance but may not know a physical therapist can help.

Call FYZICAL today and schedule an appointment with one of our therapists!

### What is vertigo?

Vertigo is a common condition described as a sensation of motion or spinning. Often people who experience vertigo report an overwhelming sense of feeling "off balance." For some, the description of symptoms include lightheadedness, nausea, or a feeling of the floor tilting. In more severe cases, it can lead to vomiting and falling.

It is essential to determine what is causing the condition. The most common causes include:

1. BPPV – also known as "benign paroxysmal positional vertigo." While this condition may sound scary, it simply means there is a problem in your inner ear. There are small calcium particles in your ear that help tell your brain messages about your balance. When these particles are disturbed, we lose our balance. Fortunately, your physical therapist can teach you



how to move them back to where they belong! BPPV can occur for no known reason and may be associated with age.

2. 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. This buildup results in a loss of balance and "a ringing in the ears."
3. Inner ear infections (usually viral) are also associated with vertigo.

Less often vertigo may be associated with conditions like:

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

(Continued Inside)



# RELIEVE YOUR DIZZINESS WITH PHYSICAL THERAPY AT FYZICAL

Physical therapy is a standard treatment for vertigo, and our therapists are trained to help alleviate any dizzying, lightheaded, or physically unstable symptoms you may be experiencing.

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.

## What to expect in physical therapy:

Dizziness and loss of balance can hinder your daily life, limiting your ability to perform even the simplest of tasks. No matter what the cause may be, physical therapy for dizziness and vertigo can help. Our highly trained physical therapists successfully diagnose and treat both dizziness and vertigo with vestibular rehabilitation.

Physical therapists are experts in movement. Not only can we diagnose movement and balance problems, but we also focus on providing a personalized treatment plan that can help you feel more steady, experience less dizziness, and lower your risk of falling.

Vertigo is an unsettling experience. Fortunately, treatment is possible. With the help of a physical therapist, you can reset your balance and reclaim your life.

The key to diagnosing the root cause of vertigo is found with physical therapy. Our physical therapists have the extensive knowledge needed to identify and treat the source of a patient's balance or dizziness problems.

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 that focus on decreasing nerve sensitivity and reducing the effects of vertigo.
- Postural education to optimize function.

If you believe you may be experiencing vertigo, contact us today.

<https://www.ncbi.nlm.nih.gov/books/NBK482356/>, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5806799/>, <https://link.springer.com/article/10.1007/s005860050028>, <https://pubmed.ncbi.nlm.nih.gov/31813696/>



## NABOSO INSOLES

### Non-cushion sensory insoles designed for daily use.

Thin enough to work with all types of footwear. Use it on top of your existing insole. Designed to be worn barefoot or with thin socks. Can be worn at work, the gym or doing what you love!

### Innovating Neurorehabilitation

Balance impairment is a common symptom in patients living with chronic neurological conditions such as Multiple Sclerosis, Parkinson's, post-stroke, and peripheral neuropathy. By reconnecting and stimulating your foundation (the foot) you are waking up powerful neurological pathways that bring the brain and body back in line.

Benefits of increased plantar foot stimulation with Naboso Insoles:

### IMMEDIATE IMPROVEMENTS IN POSTURE, BALANCE AND WALKING!

- Reduced foot fatigue and pain
- Enhanced joint stability
- Faster recovery from injuries or surgery
- Enhances foot awareness to improve balance & increase movement efficiency
- Maximize foot stimulation to energize your step and reduce foot pain

**Non-Toxic | Latex-Free | 100% Recyclable**



## SPRING GARDENING TIPS



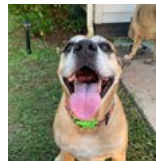
Common gardening activities, such as digging, planting, weeding, mulching, and raking can cause stress and strain on muscles and joints. This is especially true for senior citizens and people who are normally sedentary. Different body areas such as the shoulders, neck, back, and knees can be vulnerable to injury during gardening.

These tips can help prevent injuries:

- Warm up before you garden. A 10 minute brisk walk and stretches for the spine and limbs are good ways to warm up.
- Change positions frequently to avoid stiffness or cramping.
- Make use of a garden cart or wheelbarrow to move heavy planting materials or tools. Be sure to keep your back straight while using a wheelbarrow.
- If kneeling on both knees causes discomfort in your back, try kneeling on one and keep the other foot on the ground. Use knee pads or a gardening pad when kneeling.
- If kneeling or leaning down to the ground causes significant pain in your back or knees, consider using elevated planters to do your gardening.
- Avoid bending your wrist upwards when pulling things or using gardening tools. Instead, keep your wrist straight and use your shoulder muscles to pull and lift.
- End your gardening session with some gentle backward bending of your low back, a short walk and light stretching, similar to stretches done before starting.

## KC'S CORNER

Happy Spring Everyone! I've loved rolling around in the fresh grass and chasing the birds around in this nice weather! I want all of you guys to enjoy the beautiful outdoors this season so let us help you if we can! This month I came to talk to you guys about dizziness, it can be one of the most frustrating things to deal with and a lot of people don't know that physical therapy can actually help with this. Dizziness can come from a lot of different areas of the body but we are prepared to help you with manual therapy, custom orthotics, deep tissue laser therapy, dry needling and so much more! Vertigo, migraines, balance issues can ALL be helped at our office so give us a call!! Remember MOVEMENT IS MEDICINE!



### Patient Success Spotlight



"This was actually my second round of therapy. The first was a couple of years ago for my back. When I needed therapy for my neck I signed on with them again. One on one exercises, stretches and, when needed, therapeutic massages. Brett, Tony, Hannah and Susan will do all they can to make sure you are getting all the care you need. Can't forget the shop mascot. KC is the sweetest girl. You will fall in love right away." - **Anonymous**

## WIN A FREE SESSION OF DRY NEEDLING!

\*If you leave us a Google Review, you will be entered into our raffle!\*

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 review page)
3. Tell us how we did!

