

THE



FYZICAL[®]

Therapy & Balance Centers



OCTOBER 2023

NEWSLETTER



RELIEVE YOUR DIZZINESS AND VERTIGO

Empowering You With Effective
Strategies for a More Stable Future!



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Empowering you with effective strategies for a more stable future!

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 Travelers Rest, 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 Travelers Rest 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:

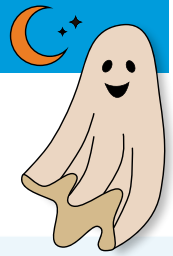
- Loss of balance
- Lightheadedness or heavy-headedness
- Momentarily impaired vision
- Feeling unsteady or faint

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.





FROM SPINNING TO SERENITY



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

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 Travelers Rest, our therapists have 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 Travelers Rest today to get started!



Scan to book!

At-Home Exercise

HIP ABDUCTION (QUADRUPED)

Use this exercise to strengthen your hips

Begin on all fours, with wrists directly under the shoulder and knees directly under the hips. Engage your abdominals and slowly lift one knee out to the side, keeping your knee in line with the hip. Hold as instructed, then bring your knee back down to the floor. Repeat 3 sets, 10 reps each.



Always consult your physical therapist before attempting an exercise you are unsure of.

Product Spotlight INFRARED VIDEO GOOGLES

Infrared Video Goggles — what are they and can they possibly help you?!

The IVOG goggles are hooked up to the Physical Therapist's computer and allows the therapist to see the eyes clearly on the big screen TV! The goggles can help us see if your eye changes direction, fatigues, or stabilizes in light. Since our brain tells our eyes to stabilize in the light, it is very helpful to be able to know what they will do in the dark. All of these indicate the central issue for:

- Poor Balance
- Fall Risk
- Dizziness
- Vertigo
- BPPV

And so much more!

If it indicates a BPPV, it allows us to determine which of the 6 semicircular canals it is in and where it is located in that canal. For one vertigo or even unsteadiness in the elderly, the goggles assist the therapist to understand what is going on and how proceed with a treatment plan specific to the patient!



SEASONAL RECIPE



SPOOKY RECIPE: WITCH'S BROOMSTICK SNACKS

- INGREDIENTS
- 24 Pretzel Sticks
 - 8 String Cheese Sticks
 - Fresh Chives

INSTRUCTIONS:

Cut each string cheese stick in thirds (about 1 ½" each).
Make lengthwise cuts around the cheese stick to about halfway up.
In the uncut end of the cheese, insert a pretzel stick.
Bind with a piece of chive. Cut off extra chive.



PELVIC FLOOR THERAPY!

Pelvic floor therapy is a form of treatment that helps improve pain, dysfunction, and weakness in the pelvic floor. consult your physician if you're experiencing the following symptoms which may indicate the presence of pelvic floor dysfunction:

- Painful urination
- Frequent constipation
- Needing to urinate frequently
- Painful Intercourse
- Lower back pain of an unknown cause
- Leaking urine or stool (incontinence)
- Pelvic pain with or without a bowel movement
- Tailbone pain that limits sitting down

Physical therapists work toward identifying the structures that are triggering the pain or discomfort to establish a plan of care that targets the underlying problem. Learning how to utilize the pelvic floor helps restore function and provides pain relief!

Benefits include:

- Reduced pain or complete pain relief
- Increased mobility and range of motion
- A lowered risk of experiencing chronic pain
- Restored pelvic floor function
- Corrected bowel and bladder function
- Improved reproductive or sexual function

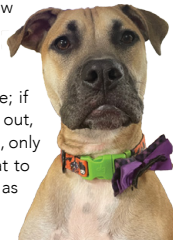
Use the QR Code to
Learn More in Our
FREE E-Book!



ELLIE'S EDITORIAL

Happy October everyone aka National Physical Therapy month! So if you're in need of some strengthening, stretching, laser therapy, dry needling, balance therapy, pre/post surgery and everything in between you know we've got you covered! It's been wonderful seeing all the faces I know and new faces too! Always tell your friends and

family about me and my people; if you think we could help them out, we'd love too! No tricks here, only treats — and it's such a treat to have every single one of you as patients! — Ellie



www.FYZICAL.com/travelers-rest