



# TREATING DIZZINESS AT FYZICAL

## ***FYZICAL is Your Trusted Partner in Dizziness and Vestibular Care***

Dizziness is complex, often misunderstood, and challenging to diagnose and treat effectively. At FYZICAL, we don't offer just another treatment option for your patients—we provide the solution.

We take a targeted, comprehensive approach to dizziness, leveraging advanced diagnostic tools and tailored treatment plans to get to the root cause and deliver lasting relief without surgery. Our team goes beyond simply managing symptoms; we work to eliminate them, helping your patients regain stability and confidence so they can get back to what matters most.

### ***Why Partner with FYZICAL?***

- **Comprehensive Vestibular Assessment:** Advanced diagnostics to identify vertigo causes like BPPV, with customized vestibular rehabilitation therapy (VRT) for lasting relief.
- **Targeted Lightheadedness Treatment:** Focused interventions to improve circulation, address low blood pressure, and restore balance.
- **Dysequilibrium Management:** Specialized balance and strength exercises supported by diagnostics to treat musculoskeletal, neurological, or vestibular causes.
- **Behavioral Dizziness Solutions:** A holistic approach combining cognitive-behavioral therapy, stress management, and physical therapy to reduce anxiety and improve stability.
- **Motion Sickness Relief:** Sensory integration and desensitization therapy to reduce motion sensitivity and alleviate nausea.

As a healthcare provider, your time is valuable. By partnering with FYZICAL, you can trust that your patients will receive comprehensive, evidence-based care tailored to their specific needs. This allows you to focus on the complex, high-priority cases that require your specialized expertise, knowing that dizziness and vestibular issues are in trusted hands.

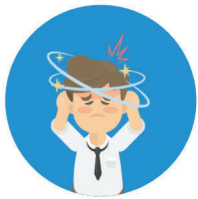
**Visit [www.fyzical.com/twin-city-bangor-me](http://www.fyzical.com/twin-city-bangor-me)  
for more information on our dizziness services**

# KNOW YOUR DIZZINESS

Did you know that understanding the type of dizziness you're dealing with is critical to treating it? Dizziness isn't the same for everyone, and understanding your symptoms is the first step to feeling better.

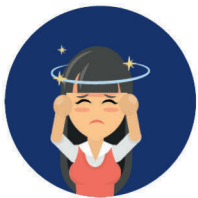
At FYZICAL, we treat dizziness differently. Using cutting-edge advanced diagnostic technology, we pinpoint the exact type of dizziness you're dealing with and create a personalized treatment plan that targets the root cause. We're here to help you regain your balance so you can enjoy life again.

## How FYZICAL Treats The 5 Types of Dizziness



### Vertigo (Spinning, Rolling, Turning Sensation)

- **Symptoms:** You get that dizzy, spinning feeling when you move your head or change positions.
- **FYZICAL's Solution:** Our specialized vestibular rehab therapy helps retrain your brain to adjust to issues with your vestibular system, reducing spinning and improving balance.



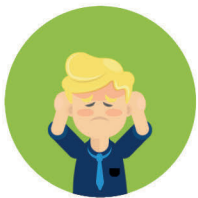
### Lightheadedness (Wooziness, Visual Sensitivity)

- **Symptoms:** A feeling of faintness or near-fainting, often triggered by standing up quickly, dehydration, or low blood pressure.
- **FYZICAL's Solution:** We focus on improving circulation, addressing underlying issues like low blood pressure, and providing balance exercises to prevent lightheadedness and help you stay steady.



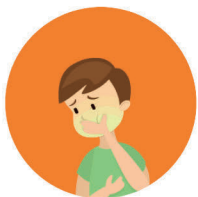
### Dysequilibrium (Wobbly on Feet)

- **Symptoms:** A constant sense of imbalance or feeling unsteady on your feet.
- **FYZICAL's Solution:** We offer balance training and strength-building exercises to improve coordination and stability.



### Behavioral Dizziness (Anxious, Fear of Falling, Guarded, Apprehensive)

- **Symptoms:** You're anxious, on edge, and constantly worried about falling.
- **FYZICAL's Solution:** We combine relaxation techniques, stress management strategies, and cognitive-behavioral approaches to tackle the emotional side of dizziness.



### Motion Sickness (Nausea, Vomiting)

- **Symptoms:** Feeling nauseous or throwing up from motion, usually because your eyes and inner ear aren't on the same page.
- **FYZICAL's Solution:** We use specialized desensitization techniques and sensory integration therapy to help your body adapt to movement.