



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
- Momentarily impaired vision
- Lightheadedness or heavy-headedness
- 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 can affect 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
- Difficulty seeing or speaking
- Double vision
- Sweating
- Nausea or vomiting
- Abnormal eye movements
- Arm or leg weakness

How physical therapy can help your balance

Dizziness and vertigo can both hinder your balance and limit 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.

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, 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.

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!



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EXERCISE ESSENTIALS

 SimpleSet Pro
www.simpleset.net

TRY THIS EXERCISE TO IMPROVE BALANCE



FORWARD REACH

Stand near a support, such as a chair, in case you need it. Reach forward as far as you can. Hold for 5 seconds and repeat 3 times.

Always consult your physical therapist or physician before starting exercises you are unsure of doing.



HEALTHY RECIPE SHAMROCK GREEN SMOOTHIE

INGREDIENTS

- 2 bananas, frozen
- 1 green apple, core removed
- 2 cups water or milk (non-dairy if necessary)
- 1 cup plain Greek yogurt
- 2 handfuls spinach (about 1–2 cups)
- 1 teaspoon vanilla extract
- Honey to taste (optional)

INSTRUCTIONS In a blender, add all ingredients. Blend until smooth, adding more water if you want a thinner smoothie. Adjust sweetness with additional honey, if desired.

Source: <https://www.momables.com/healthy-shamrock-green-smoothie/>

*Come back in
and see us!*



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A Pint Of Blue Beer?

Saint Patrick didn't wear green. His color was "Saint Patrick's blue." The color green became associated with St. Patrick's Day after it was linked to the Irish independence movement in the late 18th century.

Did You Know?