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HEALTH & WELLNESS

The Newsletter About Your Health and Caring for Your Body

HOW PT CAN HELP *YOUR VERTIGO*



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HOW PT CAN HELP YOUR VERTIGO

Do you find yourself getting dizzy doing everyday tasks? Do you find it hard to focus on one thing for long periods? Do you feel tired, lightheaded, or nauseous at any time of the day? If so, some of these can be signs of vertigo. At Atrium Physical Therapy, our physical therapists can evaluate your condition and help you find relief, sometimes in a matter of minutes!

People who experience vertigo typically report an overwhelming sensation of feeling off balance. It can make someone feel dizzy, like you're moving or spinning, resulting in a loss of balance. Some people experience problems focusing their eyes or have ringing in their ears. If severe, the condition can cause sweating and even nausea or vomiting.

Our physical therapists at Atrium Physical Therapy can help relieve your symptoms. Call today to schedule an appointment with one of our specialists!

THE MOST COMMON CAUSES OF VERTIGO

Three common causes of vertigo symptoms are Benign Paroxysmal Positional Vertigo (BPPV), Meniere's Disease, and vestibular neuritis.

BPPV is essentially an inner-ear infection. This type of infection occurs when microscopic calcium particles called "canaliths" clump up

in the inner ear canals.

Your inner ear is responsible for sending gravitational messages to your brain regarding the movements of your body. This is how we remain balanced daily. When the inner ear canals are blocked, the correct messages cannot make it to the brain, and we become unbalanced – thus, causing vertigo.

Meniere's Disease is a disorder of the inner ear caused by a buildup of fluid and fluctuating pressures within the ear. It has a similar effect as BPPV, as the fluid and pressure block messages from the inner ear canal to the brain, resulting in imbalance. Meniere's Disease can cause tinnitus, commonly referred to as "a ringing of the ears," and may even cause hearing loss in extreme cases.

Vestibular neuritis is also known as labyrinthitis. This is another type of inner ear infection, but it's caused by a virus. The virus causes the inner ear and surrounding nerves to swell, resulting in difficulties with your balance due to discrepancies in the messages sent to the brain.

Although the most common causes of vertigo are due to issues with the inner ear, some less common causes of vertigo include:

- Injury to the head or neck

- Migraines
- Medications
- Stroke
- Brain tumor

Vertigo can sometimes go away on its own, however, it can also progress and worsen over time. If you believe you may have the symptoms of vertigo or one of its causes, it is essential to consult with one of our physical therapists immediately.

HOW PHYSICAL THERAPY CAN HELP

Physical therapy is a standard treatment for vertigo, and our therapists at Atrium Physical Therapy are trained to help alleviate any vertigo symptoms you may be experiencing. Your physical therapist will ask you questions to identify the cause of your vertigo and use this information to design the best treatment.

Your physical therapist will perform tests to determine the causes of your vertigo. In some cases, the tests will clarify what is going on and how to resolve it. For example, your physical therapist can test if you have Nystagmus, also known as "eye jerks." This is the phenomenon of experiencing uncontrollable eye movements and is common with BPPV testing.

Continued inside.

PT CAN HELP YOU CONQUER THE WHIRLWIND!

Our physical therapists are movement experts. In addition to vertigo testing, they also will determine your risk of falling. Then, depending on the results, your physical therapist may recommend further testing or specific interventions to alleviate your condition and ensure you are safe. The exact treatments will focus on helping you get moving again and managing your vertigo simultaneously.

Treatment may include specialized head and neck movements that you can be taught to do. If you still have dizziness and balance problems after vertigo stops, your physical therapist can target specific activities to address those problems.

THERAPEUTIC METHODS FOR VERTIGO

Vestibular rehabilitation focuses on the vestibular system, located within the inner ear. The goal of this kind of therapy is to rebalance your vestibular system.

The vestibular system sends the gravitational messages to your brain about your body movements, and focusing on balance-specific exercises can help reset this system, thus diminishing the effects of vertigo.

Canalith repositioning maneuvers focus on treatment-specific head and body movements for BPPV patients. These exercises help move the calcium deposits out of the inner ear canal to alleviate blockage and allow gravitational messages to be more easily received by the brain. As the backup shrinks, the symptoms of vertigo will lessen.

CALL TO MAKE AN APPOINTMENT

Physical therapy is essential to identify the correct exercises to relieve dizziness and vertigo and improve balance. We'll provide relief for all of your dizzying symptoms!

Contact us today to get started!



CALL 1.575.888.2806 OR VISIT WWW.ATRIUMPT.COM FOR MORE INFO

Try This Healthy Recipe

Tomato, Mozzarella & Basil Bruschetta

INGREDIENTS:

- 1 (32-oz) can whole tomatoes, drained
- 1 cup fresh basil leaves
- 4 tbsps extra-virgin olive oil
- 6 cloves garlic, peeled
- Kosher salt & freshly ground black pepper
- 2 large French baguettes, sliced 1-inch thick (about 36 slices)
- 1 1/2 lbs fresh mozzarella cheese, sliced 1/4-inch thick

INSTRUCTIONS:

Preheat oven to 375 degrees F. In the bowl of a food processor, add drained tomatoes, 1 cup basil leaves, olive oil and 2 cloves garlic. Pulse until smooth, but somewhat chunky. Season with salt and pepper. On a baking sheet, line up baguette slices. Toast in oven for about 3 minutes. Working quickly, rub the remaining garlic on the toasted side of each slice and then lay a piece of mozzarella cheese on top. Place bread back in oven for about 45 seconds. Remove from oven and spread one tablespoon of the tomato mixture on each piece. Place bruschetta on decorative platter and garnish with basil leaves.

www.atriumpt.com



WE WILL MISS YOU, HECTOR!



Many of you knew and were treated by our physical therapist assistant Hector Hernandez. Hector has moved out of state, so someone else in another city will get to enjoy him! It's hard to let a family member go - you can be sure that we tried to tie him up on his last day! Hector worked at Atrium Physical Therapy for five years. He's leaving some really good friends and co-workers. He was always dedicated to our patients, and he put in tons of extra effort to be sure that each of you received what you needed. We know that many of you will miss him as much as we will. Please join us in wishing him, as a US Navy Veteran, fair winds and following seas.

PATIENT SUCCESS

"Best PT experience ever."

Best PT experience ever. I'm a klutz and have been on a fist name basis with a bunch of PTs over my lifetime so far. Atrium is my favorite PT place. Everyone on staff is so friendly and helpful. Lots of support for doing my "homework" too. Today is my last session; I've met all my goals. I'm confident that I can keep up with my progress because of the stellar job that everyone at Atrium did. Thanks, guys!. -Amber D.

Help us help more people in our community by sharing your experience with Atrium Physical Therapy!

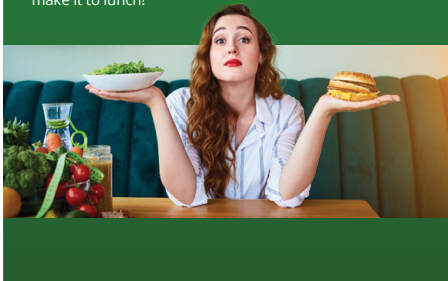


CORE VALUES



6 TIPS FOR A HEALTHY SUMMER DIET

- 1. Swap out snacks for fruits and vegetables.** Consume at least 5 portions of a variety of fruits and vegetables daily. If this sounds challenging, remember that fresh, frozen, canned, dried, or even juiced fruits and veggies are all options.
- 2. Replace steak with fish.** Fish is a great source of protein and contains many vitamins and minerals. You should try to incorporate at least 2 servings of fish in your diet every week.
- 3. Reduce your saturated fat intake.** Too much saturated fat can raise your blood cholesterol levels, increasing your risk of developing heart disease. Examples of food high in saturated fat include fatty cuts of meat, sausages, butter, hard cheeses, cream, cakes and biscuits.
- 4. Cut down on sugary drinks.** Drinks high in sugar contribute to obesity and tooth decay. Try opting for a cool, refreshing glass of water instead, or a tasty fruit smoothie!
- 5. Drink enough water.** Proper hydration is always important, but even more so during hot weather. You should aim for 6 to 8 glasses of water a day.
- 6. Don't skip breakfast.** A healthy breakfast sets the tone for your day and gives you the energy you need to make it to lunch!



HAS YOUR PAIN COME BACK? COME BACK TO PT!

Keep up with your physical therapy exercises to relieve pain and prevent further injuries.

If your pain doesn't subside, consult with your therapist about what other things might be causing pain.

Call Atrium Physical Therapy to schedule a complimentary 'discovery visit'. We will spend some time with you to determine if physical therapy might be part of your recovery.

1.575.888.2806