



FIND RELIEF FOR 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 Apex Physical Therapy, 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 Apex Physical Therapy 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.

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.

BE STEADY ON YOUR FEET WITH APEX PT!

- ▶ 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 Apex Physical Therapy, our therapist has 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 Apex Physical Therapy today to get started!

Sources:

- <https://www.nidcd.nih.gov/health/balance-disorders>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3206229/>
- <https://pubmed.ncbi.nlm.nih.gov/31813696/>



HEALTHY RECIPE

PRESSURE COOKER SQUASH & LENTIL STEW

- 2 medium shallots, thinly sliced
- 1 tbsp. finely chopped peeled fresh ginger
- 1 tbsp. vegetable oil
- 1 tsp. ground coriander
- 1/2 tsp. ground cardamom
- 1 small butternut squash, peeled, seeded and cut into 1 1/2" chunks
- 1 lb. green lentils, picked over



- 6 c. chicken or vegetable broth
- 5 c. packed baby spinach
- 1 tbsp. cider vinegar

In pressure-cooker pot on medium, cook shallots and ginger in oil 5 minutes or until shallots are golden, stirring. Add coriander and cardamom; cook 1 minute, stirring. Add squash, lentils, broth and 1/4 teaspoon salt. Cover, lock and bring up to pressure on high. Reduce heat to medium-low. Cook 12 minutes. Release pressure by using quick-release function. Stir in spinach, vinegar and 1/2 teaspoon each of salt and pepper.

Source: <https://www.goodhousekeeping.com/food-recipes/healthy/a42399/pressure-cooker-warming-winter-squash-lentil-stew-recipe/>

PATIENT TESTIMONIAL



"The one-on-one sessions are held with compassion and warmth. The therapist is not only knowledgeable but also very patient and challenging as she helped me to daily reach my goals.

Of the many physical therapists I've had, the therapist at Valparaiso Apex rates an A plus."

— **Lucretia T.**



WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT story and leave your review. We look forward to hearing from you!

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READY TO TAKE YOUR HEALTH TO THE NEXT LEVEL?

CALL US TODAY!

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