

TIP OF THE MONTH

Physical Therapy for Dizziness and Vertigo

Did you know that dizziness and disequilibrium are second only to low back pain in frequency of occurrence in the adult population? Balance and vestibular deficits are a major medical concern,



and the resulting effects of an untreated balance disorder can be devastating.

The good news is that in many cases a physical therapy implemented treatment plan can successfully treat the problem, preventing subsequent injury.

Benign Paroxysmal Positional Vertigo (BPPV) is characterized by a brief episode of vertigo (spinning) every time your head moves into a specific position. Common causes for this disorder are trauma to the head (concussion, motor vehicle accident, etc.) and acute infection, but frequently the cause is unknown. Patients usually complain of a spinning sensation being provoked by lying down, rolling over in bed, bending over or looking up. Common activities that can provoke this sensation include getting out of bed, gardening, washing hair in the shower, and going to the dentist or beauty parlor. Other symptoms may include nausea, occasional dizziness, occasional light-headedness, and an overall sense of not feeling quite right. The symptom of spinning may come on immediately when you get into the provoking position or it may be delayed from 0 to 40 seconds.

Many people who suffer from acute dizzy spells can be helped by physical therapy. Physical therapists are able to provide exercises for the head, body and eyes that will retrain the brain to process signals better. Over time patients are able to tolerate different positions and movements without feeling dizzy. Physical therapists can also focus on a patient's strength and flexibility to minimize falls. For more information about vertigo and BPPV, visit the PTandMe.com injury center or call our clinic. We'd love to hear from you!



PT&Me Featured Article [Exercise May Reduce Risk of Low Back Pain](#)

Low back pain is a common complaint that can last a few days or weeks or become a chronic condition with significant impact on well being. Treatments can vary depending on the cause. Chronic back pain can be...[more](#)

Call today to ask us how we can help you get back to enjoying the activities that are important to you!



“Every day may not be good... but there’s something good in every day”

— Alice Morse Earle

TELL A FRIEND

The greatest compliment we can receive is for our patients to tell their friends and family about their positive experience with us. If you know someone who is experiencing pain or limitations and you believe they could benefit from therapy, please tell them about us.

We will ensure that they will receive great care and have a positive therapy experience with us!

Chicken & Broccoli Baked Potatoes

This meal was given to us by a friend of ours. The potatoes are filling and have been child approved!



- Russet potatoes – 1 per adult and a half per child
- 1 cup baked or grilled shredded chicken
- Broccoli florets – 1 cup
- Shredded Cheddar Cheese to taste
- 1 tablespoon butter
- Milk
- Salt to taste

Directions:

1. Bake the potatoes in the oven at 400° for an hour and fifteen minutes
2. Steam or boil the broccoli florets until soft and drain
3. Take out a large bowl and set to the side
4. When the potatoes are done, cut them in half and scoop the middle into the large bowl
5. Mix the broccoli, shredded chicken, cheese, butter and salt to the potato filling, while adding small amounts of milk until the potatoes are soft and closer to the consistency of mashed potatoes.
6. Scoop your mixture back into the potato skins, add a sprinkle of cheese and serve hot!