



Physical Therapy

N E W S L E T T E R



**STAY BALANCED
THIS HOLIDAY SEASON!**

Balance Issues?

*Keep your feet this
holiday season!*

Exercise Essentials

*Stay in shape while
staying at home!*

Patient Testimonial

*Read why our patients love
Loop Physical Therapy!*



Physical Therapy

NEWSLETTER

STAY *Balanced* THIS HOLIDAY SEASON!

*RELIEVE YOUR DIZZINESS
AND VERTIGO WITH LOOP
PHYSICAL THERAPY!*



Balance is a big deal in our everyday world, but we take it for granted. Just think how long it took you to master walking, running, and jumping as a child. Your balance system is incredibly complex, and allows you to walk around over steps, and obstacles without thinking. However, when balance is affected, it can be difficult to perform daily tasks and activities you enjoy.

According to the Centers for Disease Control and Prevention, “Thirty million older adults fall each year—resulting in about 30,000 deaths. Each year, 3 million older adults are treated for a fall injury. One out of every five falls causes a serious injury, such as broken bones or a head injury.”

Dizziness and vertigo are common reasons why someone may experience issues with balance or sustain an unexpected fall. We’ve all had the sensation of being dizzy - as if you can’t focus, can’t see straight, can’t stand upright without swaying or falling. You may even experience “tunnel vision,” where your peripheral vision goes dark for a few seconds.

Dizziness is common and can have many causes. Vertigo, however, is a little different. While dizziness is typically synonymous with “lightheadedness,” which creates the illusion of being unsteady, vertigo is typically a response to a physiological factor that is causing a quite literal imbalance

in your body. Those experiencing vertigo have reported feeling as if they are “rocking” or “spinning,” even when they are sitting still.

Physical therapy for dizziness and vertigo is a common and effective course of treatment. For inquiries regarding vertigo testing, don’t hesitate to contact Loop Physical Therapy. If you’ve been feeling dizzy, or you think you may have some of the symptoms of vertigo, call our office today to schedule an appointment with one of our experienced physical therapists.

Why is my balance compromised by dizziness and/or vertigo?

Just a few of the many factors that can lead to dizziness include lack of sleep, poor nutrition, overexertion, or a physical ailment, such as 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 (i.e. tunnel vision)
- Feeling woozy or faint

KEEP YOUR FEET THIS HOLIDAY SEASON!



The causes of vertigo aren't nearly as vast. In fact, vertigo is most commonly caused by an imbalance in the 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 this is impaired, the necessary messages become blocked from your brain, 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 of time, or you can't stand/move properly 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. This can cause sudden spinning sensations (vertigo) and inner-ear discomfort.

- **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, thus causing episodes of vertigo which may be coupled with sensitivities to light or sound. Vision may also be impaired.
- **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.

NO REFERRAL? NO PROBLEM!

 Save time  Save money  Improve your health naturally

Did you know we can see you for PT with or without a doctor or other healthcare provider's referral? One of our physical therapists will evaluate you, and customize a treatment plan to reduce your pain and get you moving better. Refer yourself or a loved one!



WHAT PATIENTS ARE SAYING!

"TJ and her staff are the most dedicated, personable physical Therapist's I've ever seen! Normally I dread therapy but since I've been lucky enough to be introduced to Loop physical therapy I can't get enough! Thanks TJ, Gigi and Ragan!" — Tony L.



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Learn more by visiting our website at LoopPT.com or schedule your consultation today by calling!

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 will physical therapy help?

Dizziness and vertigo can both hinder your balance, limiting your ability to perform even the simplest of tasks. Luckily, no matter what the cause may be, physical therapy for dizziness and vertigo can help. Loop Physical Therapy has some of the most advanced techniques for diagnosing and treating both dizziness and vertigo, including vestibular rehabilitation and videonystagmography.

Vestibular rehabilitation includes treatments such as the Epley maneuver, which allows for canalith repositioning to move the broken calcium crystals in patients experiencing BPPV, as well as Cawthorne head exercises, which focus on decreasing nerve sensitivity and improving vertigo.

Videonystagmography is a highly specialized diagnostic tool for testing inner ear functions. This test determines whether your dizziness or vertigo is being caused by a vestibular disease, and it is the only test available that can decipher whether there is a vestibular loss in one or both ears. It is a non-invasive test that uses infrared goggles to record a patient's eye movements, thus determining how well the patient is able to react to visual stimuli responses that are being sent from the vestibular system.

Physical therapy is very important to strengthening joints and learning the right exercises to relieve dizziness and vertigo, in order to improve balance. A professional can help you develop a program that plays into your strengths while increasing your ability to balance and reduce bouts of unsteadiness. Contact Loop Physical Therapy today to get started!



For more information about how physical therapy can help your running pain, call us today at **773.541.2020** or visit us at **LoopPT.com!**

Don't Miss Out On This Special Offer!

FREE BODY COMPOSITION ANALYSIS

For more information, call us at **773.541.2020** or visit our website at **LoopPT.com!** This offer expires December 31st, 2021.

EXERCISES TO DO AT HOME!



Tandem Walking Setup

- Use a string or some tape to make a straight line on the floor. Begin in a standing upright position with your arms out to the sides so they're parallel to the floor.

Movement

- Walk forward in a straight line, placing the back of your heel against the toes of your opposite foot. Move slowly and with control. Continue for 5 to 20 steps
- When you're confident and comfortable with forward walking, try the same movement stepping backwards.

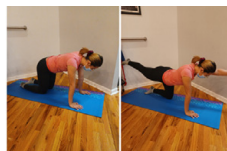
Triplanar Toe Taps

Setup

- In a standing position, come into a single leg stance. Engage your core and hip muscles.

Movement

- Tap the toes of your non standing leg forward, then to the side, and then straight behind you. Come to the center between each tap. Repeat 10-20 times, then do the opposite side.



Bird Dog Setup

Setup

- Kneel on a cushioned surface with your knees hip-width apart and hands firmly on the ground,

about shoulder width apart. Engage your core.

Movement

- Point one arm out straight in front and extend the opposite leg behind you, forming a straight line from your extended hand to the extended foot. Keep your hips squared to the ground, raising your leg as high as you can while keeping the back straight. Hold for a few seconds then return to your hands and knees. Switch to the other side, repeating each side 5-10 times.



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Happy
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