



# Physical Therapy

N E W S L E T T E R



**MOVE WITH**  
*Confidence!*

### **Stay Balanced!**

*Stay Firmly On Your Feet  
With Loop PT!*

### **Exercise Essentials**

*Stay In Shape While  
Staying At Home!*

### **Patient Testimonial**

*Read Why Our Patients Love  
Loop Physical Therapy!*



# Physical Therapy

## NEWSLETTER

## MOVE WITH *Confidence!* *How Physical Therapy 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 Loop 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 Loop 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) and 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.

# STAY FIRMLY ON YOUR FEET WITH LOOP PT!



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
- Stroke
- Migraines
- Brain tumor
- Medications

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 Loop 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, if you have Nystagmus, also known as “eye jerks.” This is the phenomenon of experiencing uncontrollable eye movements and is common with BPPV testing.

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.



## NOW OFFERING COVID TESTING!

**FREE! COVID PCR testing kits are now offered at our Edgewater location.**

Please allow 3 days to process your results, this is a great way to test for upcoming travel. Stop by today to take a test in the clinic, or take a few home with you in case you start to feel sick.

## 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.*



LOOP PHYSICAL  
THERAPY CENTERS

Learn more by visiting our website at [LoopPT.com](https://www.looppt.com) or schedule your consultation today by calling !

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 to improve balance. We'll provide relief for all of your dizzying symptoms! Contact today to get started!



**CALL US TODAY!**  
**(312) 635-5463**

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in this newsletter and win*

**Vitamin D Capsules prize —  
worth \$39 dollars!**



## EXERCISES TO DO AT HOME!

### Gaze Stabilisation Exercises

The aim of gaze stabilisation exercises is to improve vision and the ability to focus on a stationary object while the head is moving.

Your therapist should assess you and say which exercises are suitable for you. You should start the exercise whilst seated and then move on to standing.

1. Look straight ahead and focus on a letter (for example, an 'E') held at eye level in front of you.
2. Turn your head from side to side, keeping your eyes focused on the target letter. Build up the speed of your head movement. It is crucial that the letter stays in focus. If you get too dizzy, slow down.
3. Start doing the exercise for a length of time that brings on mild to moderate symptoms (you could use the number rating scale). This might only be for 10 seconds. Over time, you can build up to one minute (the brain needs this time in order to adapt). Build up gradually to repeat three to five times a day.

You can also do this exercise with an up and down (nodding) movement.

#### Setup

- Begin sitting upright with one arm holding a notecard with a letter written on it out in front of your face.



#### Movement

- Keeping your eyes focused on the letter, turn your head side to side.

**Tip:** The notecard should stay stationary. Make sure to keep your neck straight. Move your head as fast as you can while keeping the letter in focus.

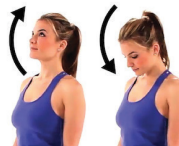
### Standing With Head Nod

#### Set up

- Begin in a standing upright position with your arms resting at your sides.

#### Movement

- Slowly, look up toward ceiling and then down toward the floor as if you are nodding yes.



**Tip:** Make sure to move your head at the same speed as your eyes.

### Standing Vestibular Ball Circles

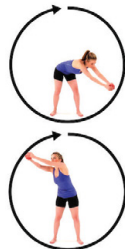
#### Set up

- Begin in standing upright position holding a ball with both hands.

#### Movement

- Focusing on a specific mark on the ball with your eyes, slowly move the ball in a large circle. Perform this exercise in both a clockwise and counterclockwise direction.

**Tip:** Make sure to keep your eyes on the ball, stand tall, maintain your balance, and avoid arching your back during the exercise.





# LOOP PHYSICAL THERAPY CENTERS

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four-leaf clover  
to WIN!!*

SEE INSIDE FOR DETAILS!

## **LOOP LOCATION**

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## **WEST LOOP LOCATION**

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## **EDGEWATER LOCATION**

5315 N SHERIDAN RD  
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