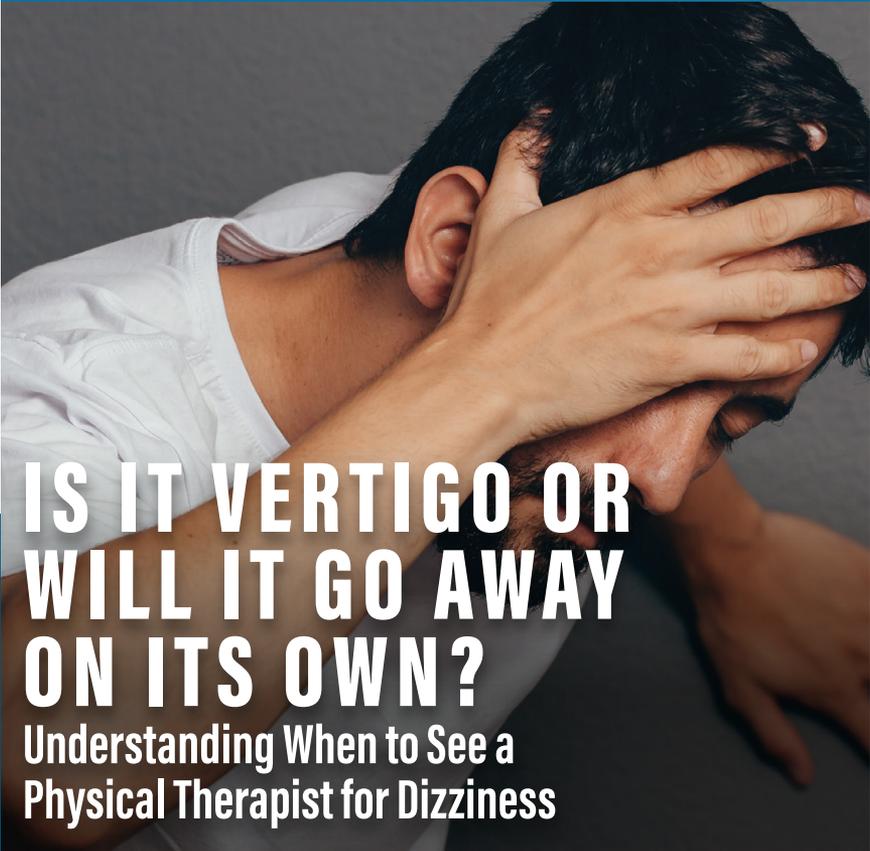


NEWSLETTER

SEPTEMBER 2021



IS IT VERTIGO OR WILL IT GO AWAY ON ITS OWN?

Understanding When to See a
Physical Therapist for Dizziness

INSIDE:

- IS IT VERTIGO OR WILL IT GO AWAY ON ITS OWN?
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IS IT VERTIGO OR WILL IT GO AWAY ON ITS OWN?

Understanding When to See a Physical Therapist for Dizziness

Do you find yourself getting dizzy doing everyday tasks, such as getting out of bed or walking down the driveway to get the mail? Do you find it hard to focus on one thing for long periods of time? Do you feel fatigued, lightheaded, or nauseous at any given time of the day? If so, some of these can be signs of a common head cold – but they can also be signs of vertigo.

A head cold, also referred to as the “common cold” is exactly that - it is one of the most common ailments people experience each year. On average, an adult will typically get 2-3 head colds a year. You know the feeling - stuffy nose, sore throat, dry cough, achiness... the overall feeling of wanting to stay in bed and drink herbal tea all day. Luckily, for head colds, that’s actually the best remedy! Most of these “common colds” will go away on their own (with a little relaxation and maybe a cough drop or two) within a week.

If your symptoms remain mild, it is best to just take time and let yourself heal at home, possibly with the aid of some DayQuil or another nose-throat-and-cough syrup that you can purchase at your local convenience store. However, if your fatigue becomes severe, you begin feeling nauseous, or you start experiencing an overwhelming feeling of dizziness or imbalance, there is a chance you could have vertigo. If so, our physical therapists at Hands On Physical Therapy can help relieve your symptoms.

WHAT IS VERTIGO?

Before you can determine whether or not you have vertigo, as opposed to a head cold that will go away on its own, it is important to understand what

exactly it is. People who experience vertigo typically report an overwhelming sensation of feeling “off balance.” It can make someone feel dizzy, which can lead to nausea, tunnel vision, or even fainting spells.

Imagine standing still and feeling as if the rest of the world is spinning around you – remember those fun-houses with the uneven floors you used to go in as a kid? That’s essentially what vertigo feels like. But what exactly causes it?

THE MOST COMMON CAUSES OF VERTIGO ARE:

- **BPPV** – also known as “benign paroxysmal positional vertigo.” While this sounds like a scary, long-winded prognosis, it 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 on a daily basis. When the inner ear canals are blocked, the correct messages are unable to make it to the brain, and we become unbalanced – thus, causing vertigo.
- **Meniere’s Disease** – this is a disorder of the inner ear. It is caused by a buildup of fluid and fluctuating pressures within the ear. It has the same effect as BPPV, as the fluid and pressure will block messages from the

Continued inside.

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**YOU DO NOT NEED A DOCTOR’S PRESCRIPTION TO SEEK PHYSICAL THERAPY
IN THE STATE OF NORTH CAROLINA YOU HAVE DIRECT ACCESS TO PHYSICAL THERAPY**

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Continued from outside.

inner ear canal to the brain, resulting in imbalance. Meniere's Disease can cause long episodes of vertigo, in addition to tinnitus, commonly referred to as "a ringing of the ears," and even hearing loss in extreme cases.

- **Vestibular neuritis** – also known as "labyrinthitis." Again, this sounds much scarier than it is. It is another inner ear infection, which is typically viral. It causes the inner ear and surrounding nerves to become inflamed, resulting, again, in difficulties with balance due to discrepancies regarding gravitational brain messages. This is how vertigo begins.

As you can see, the most common causes of vertigo are due to issues with the inner ear. However, some less common causes of vertigo can include:

- **Injury to the head or neck**
- **Migraines**
- **Brain tumor**
- **Medications**
- **Stroke**

THE MOST COMMON SYMPTOMS OF VERTIGO ARE:

- **Dizziness** – this is the most commonly reported symptom of vertigo, also referred to as swaying, spinning, tilting, or even the sensation of being pulled to one direction.
- **Nystagmus** – this is the phenomenon of experiencing uncontrollable eye movements, commonly referred to as "eye jerks."
- **Tinnitus** – this is commonly referred to as "a ringing of the ears."
- **Headaches**
- **Nausea**
- **Fainting**
- **Vomiting**
- **Fatigue**
- **Sweating**
- **Hearing loss**

HOW PHYSICAL THERAPY CAN HELP

It can undoubtedly be difficult to determine when to seek treatment for something. It is true that vertigo can sometimes go away on its own, but it can also progress and result in worsening symptoms over time. Why would you want to take the risk? If you believe you may have the symptoms of vertigo or one of its causes, it is important to consult with a doctor immediately.

Physical therapy is a common treatment for vertigo, and our therapists at Hands On Physical Therapy are trained to help alleviate any dizzying, lightheaded, or physically unstable symptoms you may be experiencing.

THE MOST COMMON TREATMENTS FOR VERTIGO ARE:

- **Vestibular rehabilitation** – this form of physical therapy focuses on the vestibular system, located within the inner ear, and the ways in which we can strengthen it. The vestibular system sends the gravitational messages to your brain about your body movements, and focusing on balance-specific exercises can help in strengthening this system, thus diminishing the effects of vertigo.
- **Canalith repositioning maneuvers** – this form of physical therapy focuses on treatment-specific head and body movements for BPPV patients. These exercises help in moving 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 blockage shrinks, the symptoms of vertigo will lessen.

If you believe you may be experiencing vertigo, contact Hands On Physical Therapy today. We'll provide relief for all of your dizzying symptoms.



HAPPY BIRTHDAY &
CONGRATULATIONS

SARAH

SARAH WESTERN
Physical Therapy Aide

Sarah is one of our Physical Therapy Aides. She is a very hard worker whom the patients love. She got accepted to Wingate college into the Physical Therapy program. Sarah also turned 22 in August! Sarah has been a real team player helping out HOPT. During her normal time in the clinic, Sarah has helped us catch up on discharging patients, and lately, she has even helped out with the front office. Sarah will be leaving us in late December and I can already tell you we are going to miss her!



HEALTHY RECIPE: THE BEST GUACAMOLE EVER

INGREDIENTS

- 3 tomatillos
- 1/3 cup chopped onion
- 1/3 cup chopped plum tomato
- 3 tablespoons chopped cilantro
- 1 tablespoon fresh lime juice
- 3/4 teaspoon salt
- 2 ripe peeled avocados
- 2 jalapeño peppers, seeded and finely chopped
- 1 garlic clove, minced

INSTRUCTIONS: To prepare guacamole, peel papery husk from tomatillos; wash, core, and finely chop. Combine tomatillos, onion, and remaining ingredients; stir well. Serve guacamole with chips.



PATIENT SUCCESS SPOTLIGHT



"I had a disc herniation and hamstring pain for 7 months (cross fit injury) and after trying other physical therapy places in area I came to Hands On Physical Therapy. Part of the reason I sought them out was that I felt with other bigger practices you were only given a short time with a PT and they were often rushed to really understand your concerns.

My PT was Chaitali Patel and she has honestly been one of the best physical therapists I have worked with. She took time to understand my concerns and also helped remove my fear of the injury by educating me about body & tissue mechanics.

I have done dry needling at other places and they couldn't fully resolve my hamstring pain. However, Chaitali went a different route and pointed out that I need to strengthen the hamstring and not just stretch it. My pain for the hamstring resolved fully and I was able to go places in the morning which I was not able to do for 7 months. She takes time to listen to all your questions and answer each one fully. She also tries to help you understand the holistic approach by educating you with videos or via books. That's hard to find in today's healthcare field (showed me she cared about educating me so that I can not only get rid of my pain but also educate me from body and mind perspective) where they normally rush the appointment so they can keep up with the schedule. I highly recommend Dr. Patel as she's a caring individual who wants to see you get back to your normal activities." - **Abbe M.**

GIVE US A SHOUTOUT!

We want to hear your success story!
Scan the QR Code below to go to our Google Reviews page. We look forward to hearing from you!



EXERCISE OF THE MONTH

This exercise helps with your balance.

BALANCE | ANKLE STRATEGY

Stand with good posture. Sway backwards and forwards keeping your knees and hips straight. Maintain your balance by using your ankles. Sway for 30 seconds. Rest. Repeat 5 times.

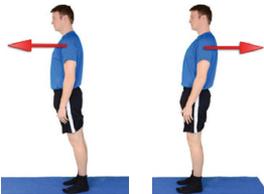


ILLUSTRATION COURTESY OF
www.complexity.net

Always consult your physical therapist or physician before starting exercises you are unsure of doing.

Suffering from aches and pains? Call one of our locations or visit hopt-wellness.com to schedule an appointment and get relief today!

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Spots are limited so call today!

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Call to schedule. Expires 9/28/2021