

## Vertigo

Vertigo is the sensation of spinning. Even when being still, you may feel like you are moving or that the room is moving around you. You may also experience nausea, vomiting, sweating, and abnormal eye movements. Most causes of vertigo involve the inner ear (vestibular system). Each of the following can result in vertigo:

- Inner ear infections or disorders
- Surgery that removes injured inner ear or its nerves
- Head injury, that results in injury to inner ears
- A hole in the inner ear
- Migraines
- Tumors
- Stroke

If the vertigo is accompanied by double vision, difficulty speaking, a change in alertness, arm or leg weakness, or an inability to walk, you should go to the Emergency Department immediately.

### HOW CAN PICK PT HELP?

Specific treatment will depend on the cause of your vertigo, but it can include head and neck movements or other exercises to help eliminate your symptoms. Your balance and walking may still be impaired after your vertigo has stopped, and your physical therapist can develop a treatment plan to improve your balance and walking.

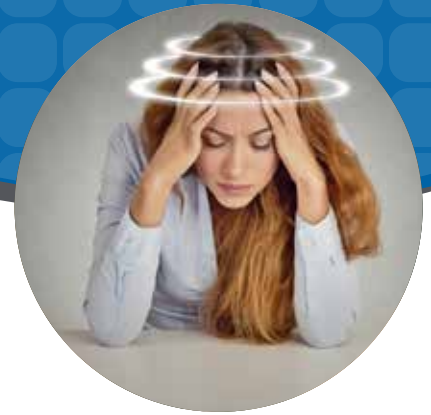
In addition to the above, treatment may include:

- Exercises to improve your balance
- Exercises to help the brain “correct” differences between your inner ears
- Exercises to improve your ability to focus your eyes and vision

At Pick PT, our physical therapists are members of the Vestibular Disorders Association (VeDA), who are health professionals that are specially trained to assess and treat vestibular disorders.

Our Doctors of Physical Therapy will provide a comprehensive clinical assessment of your dizziness and balance. We will perform tests to assess and determine the cause of your symptoms. We will screen the visual and vestibular systems to observe how well eye movements are being controlled.

From this point, we will customize a balance and vestibular exercise plan that is specific to meeting your needs.



**40%**

of the population will experience some sort of dizziness or balance difficulty over the course of a lifetime.

## Balance Problems

Balance problems make it difficult for people to maintain stable and upright positions when standing, walking, and even sitting. Older people are at a higher risk of having balance problems. Balance problems occur when 1 or more of 4 systems in the body are not working properly:

- Vision
- Inner ear
- Muscular system
- Awareness of one's own body position (called "proprioception")

A range of factors can cause balance problems, including:

- Muscle weakness
- Joint stiffness
- Inner ear problems
- Simple aging
- Certain medications (such as those prescribed for depression and high blood pressure)
- Lack of activity or a sedentary lifestyle

Balance problems can also be caused by medical conditions, such as:

- Stroke
- Parkinson's disease
- Multiple sclerosis
- Brain injury
- Arthritis
- Spinal cord injury
- Cognitive diseases
- Diabetes

## HOW CAN PICK PT HELP?

Our Doctors of Physical Therapy can help treat your balance problems by identifying their causes, and designing an individual treatment program to address your specific needs, including exercises you can do at home. Your physical therapist can help you:

- Reduce fall risk
- Reduce fear of falling
- Improve mobility
- Improve balance
- Improve strength
- Improve movement
- Improve flexibility and posture
- Increase activity levels



# 75%

of Americans older than **70 years** are diagnosed as having "abnormal" balance.

Balance problems increase by almost

# 30%

in people age **80 years** or more.