

Dizziness, cont'd

Treatment

Your treatment will be based on the cause of your dizziness. Some disorders require short-term medications, while others may require long-term use of medication. In some cases of dizziness of vestibular origin, a vestibular suppressant medication is not recommended because it will not allow for your body to fully recover or compensate. A physician may refer you to a physical therapist who specializes in vestibular physical therapy, such as at Advanced Physical Therapy and Health Services. A vestibular physical therapy exam includes observation of eye movements, balance, walking, and position changes. The symptoms that result from these activities will help to determine the cause of and treatment plan for your dizziness. A physical therapist can perform specific head maneuvers to address BPPV, and can develop an exercise program that will help your body compensate or become less sensitive to movements that make you dizzy. A vestibular rehabilitation program will typically last for 4-8 weeks; however, this depends on the cause and extent of your dizziness.

This brochure is compliments of
Advanced Physical Therapy & Health Services

444 N. Northwest Hwy., Suite 202
Park Ridge, IL 60068
Phone: 847-268-0280

www.apths.com



ADVANCED PHYSICAL THERAPY & HEALTH SERVICES, LLC

is a private, physical therapist-owned outpatient physical therapy clinic specializing in neurologic, orthopedic, and vestibular conditions.

All patients are evaluated by a licensed physical therapist.

We guarantee to see you for an initial evaluation within 24-48 hours.

We have early morning and late evening hours for convenient scheduling.

We accept and are in-network with most insurance companies, including PPO's, HMO's, Medicare, Tricare, and Workers' Compensation.

Conditions we evaluate and treat include, but are not limited to:

- Neck & back injuries/pain
- Arthritis
- Vertigo
- Sprains/Strains
- Parkinson's Disease
- Fractures
- Multiple Sclerosis
- Tendonitis
- Gait & balance disorders
- Bursitis
- Peripheral neuropathy
- Stroke
- Sports injuries
- Carpal Tunnel Syndrome
- Work-related injuries
- TMJ disorder/pain
- Nerve injuries / disorders
- Joint replacements
- Cervicogenic headaches
- Orthopedic surgeries

Information about Dizziness



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Dizziness

What is Dizziness?

Dizziness is a general term used to describe a wide array of symptoms. Dizziness may include vertigo (you or your surroundings are moving/spinning), disequilibrium, nausea, light-headedness, faintness, difficulty concentrating, and/or blurred vision after quick head or eye movements.

There are three factors that contribute to dizziness. Your body relies on signals from your eyes, sensory nerves, and inner ear to maintain your equilibrium. If one of these sensory systems is not working appropriately, your brain receives mixed signals that may be perceived as “dizziness”.

Common Causes of Dizziness:

-Benign paroxysmal positional vertigo (BPPV): Intense, brief periods of vertigo (false sense of moving or spinning) associated with position change of your head. Often occurs when turning over in bed or sitting up in the morning.

-Inflammation of the inner ear: Sudden, intense vertigo for several days, usually exacerbated with movement. This generally subsides on its own; persistent symptoms can be treated with vestibular rehabilitation.

-Meniere’s disease: caused by excessive fluid buildup in the inner ear. May include vertigo lasting 30 minutes or longer, fullness in the ear, tinnitus, and/or fluctuating hearing loss.

-Vestibular migraine: A migraine that may or may not be present with headache; may present as spontaneous dizziness not associated with movement.

Other factors that may contribute to disequilibrium and/or light headedness include: fluctuating blood pressure (orthostatic hypotension), sensory disorders (ex: peripheral neuropathy, impaired vision), joint and muscle problems (weakness or arthritis), medications, and anxiety disorders.

Screening/Diagnosis

Because of the wide array of causes for dizziness, it is important to accurately describe what you are feeling to your doctor.

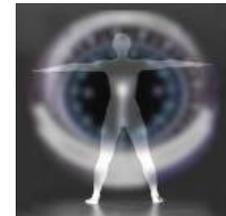
Your doctor can more accurately diagnose your dizziness by understanding:

- Type of dizziness (spinning, light-headedness, disequilibrium, imbalance)
- When did your dizziness begin?
- How long do your symptoms last (seconds/minutes/hours/days)?
Frequency of symptoms (intermittent / constant)?

- Did another illness develop before or after the dizziness began? Did you hit your head around the start of your symptoms?
- Have you had any falls?
- Are your symptoms accompanied by nausea/vomiting?
- Have you experienced hearing changes or ringing in the ears?
- What makes your symptoms worse/better? (Do your symptoms occur only when you are in motion? Or can they happen when you are still? Are they spontaneous or can you make an association between activity or position and your symptoms?)

Diagnostic tests that may be performed may include:

Blood pressure, hearing tests, neurological testing, balance testing, MRI, ECG/EKG, or ENG.



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