

## The Physical Therapy Approach

\*"Vestibular rehabilitation, or balance retraining therapy (BRT), is a scientifically based and clinically valid therapeutic modality for the treatment of persistent dizziness and postural instability due to incomplete compensation after peripheral vestibular or central nervous system injury. BRT is also of significant benefit for fall prevention in the elderly patient after suffering from multiple sensory and motor impairments.

"(American Academy of Otolaryngology, Oct. 1998, Vol. 17, No.10)



350 Linden Avenue  
Wilmette, IL 60091  
Phone: 847.372.3816  
Fax: 847.810.0302  
[www.movement-solutions.com](http://www.movement-solutions.com)

# Dizzy?

**Movement Solutions**

Phone: 847.372.3816

## Got rocks in your head?



### My doctor says that my dizziness can be helped by physical therapy...how?

- Physical therapy is ordered once a physician has ruled out other causes of dizziness, such as heart and circulatory problems. Dizziness can be treated through various kinds of physical maneuvers and exercises that incorporate head, neck, and eye movements. There are several innovative techniques that can be utilized in order to return you to functional activities such as driving and returning to work.
- The most frequently reported symptoms of dizziness are: unsteadiness or imbalance when walking, vertigo, and nausea.

## BPPV: Benign Paroxysmal Positional Vertigo

- Benign paroxysmal positional vertigo (BPPV) is a medical diagnosis given to a person who is experiencing vertigo with head motion. BPPV is also called “top shelf” vertigo due to the symptoms typically occurring when the head is tipped back
- Dizziness derived from BPPV is due to “rock” debris which has collected within a semicircular canal of the inner ear. 51% of BPPV cases are insidious. Head blows are the most common cause for people under age 50.
- First-time occurrences are unexpected and can happen turning over in bed, tipping your head back in the shower, or any other place where a change of head position with respect to gravity arises.

## BPPV's Effect on YOU

BPPV becomes both powerful and frightening because it can interfere with even the simplest tasks

Working may even become an obstacle: climbing a ladder, sweeping and performing easy reaching tasks are just a few activities that can trigger symptoms.

With BPPV you may create