

Find Balance Once Again By Relieving Your Dizziness And Vertigo

You no longer need a referral for physical therapy!

COME SEE US TODAY!

Why Is My Balance Compromised By Dizziness And/Or Vertigo?

Why Is My Balance Compromised By Dizziness And/Or Vertigo? Tips For Hosting A Great Tailgate Don't Let Your Insurance Benefits Go To Waste!



Balance is a big deal in our everyday world, but we take it for granted. Just think how long it took you to master walking, running, and jumping as a child. Your balance system is incredibly complex, and allows you to walk around over steps, and obstacles without thinking. However, when balance is affected, it can be difficult to perform daily tasks and activities you enjoy.

According to the Centers for Disease Control and Prevention, "Thirty million older adults fall each year—resulting in about 30,000 deaths. Each year, 3 million older adults are treated for a fall injury. One out of every five falls causes a serious injury, such as broken bones or a head injury."

Dizziness and vertigo are common reasons why someone may experience issues with balance or sustain an unexpected fall. We've all had the sensation of being dizzy - as if you can't focus, can't see straight, can't stand upright without swaying or falling. You may even experience "tunnel vision," where your peripheral vision goes dark for a few seconds.

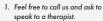
Dizziness is common and can have many causes. Vertigo, however, is a little different. While dizziness is typically synonymous with "lightheadedness," which creates the illusion of being unsteady, vertigo is typically a response to a physiological factor that is causing a quite literal imbalance in your body. Those experiencing vertigo have reported feeling as if they are "rocking" or "spinning," even when they are sitting still.

Physical therapy for dizziness and vertigo is a common and effective course of treatment. For inquiries regarding vertigo testing, don't hesitate to contact Polishuk Physical Therapy. If you've been feeling dizzy, or you think you may have some of the symptoms of vertigo, call our office today to schedule an appointment with one of our experienced physical therapists.



Call us at (215) 641-9401 today!







- The therapist will tell you the possible causes of your pain as well as precautions you can take at home.
- If further assessment is warranted, the therapist might recommend you come in for an appointment.

Call **Polishuk Physical Therapy**

to talk with a physical therapist today!

Why Is My Balance Compromised By Dizziness And/Or Vertigo?



Just a few of the many factors that can lead to dizziness include lack of sleep, poor nutrition, overexertion, or a physical ailment, such as a head cold or the flu. Dizziness can also occur from something as simple as standing up too quickly after an extended period of rest. Some accompanying symptoms to dizziness may include:

- Loss of balance
- · Lightheadedness or heavy-headedness
- · Momentarily impaired vision (i.e. tunnel vision)
- · Feeling woozy or faint

The causes of vertigo aren't nearly as vast. In fact, vertigo is most commonly caused by an imbalance in the inner ear, also known as the "vestibular system." Your vestibular system helps you maintain your balance and center of gravity by sending messages to your brain regarding your movement.

When this is impaired, the necessary messages become blocked from your brain, and your movement becomes affected. You may feel as if the world is spinning around you, you can't focus your vision for prolonged periods of time, or you can't stand/move properly without feeling like you'll topple over. Some common causes of vertigo include:

- Benign paroxysmal positional vertigo (BPPV). This is the
 most common cause of vertigo. It occurs when the tiny
 calcium crystals located in your ears break apart and move
 around to different parts of the ear that they are not supposed
 to be in. This can cause sudden spinning sensations (vertigo)
 and innervear discomfort.
- Meniere's disease. This occurs when fluid builds up in your ear(s). This typically includes "ringing" sounds in the innerear and sudden waves of vertigo that may last for hours. You may also experience momentary hearing losses.
- Vestibular neuritis. This is an inner-ear infection that can cause vertico.
- Migraines. Migraines can impact your vestibular system, thus causing episodes of vertigo which may be coupled with sensitivities to light or sound. Vision may also be impaired.
- Stroke. A stroke affects movement in your whole body. If you recently suffered a stroke, you may experience waves of vertigo which may linger for extended periods of time.

How Will Physical Therapy Help?



Dizziness and vertigo can both hinder your balance, limiting your ability to perform even the simplest of tasks. Luckily, no matter what the cause may be, physical therapy for dizziness and vertigo can help. Polishuk Physical Therapy has some of the most advanced techniques for diagnosing and treating both dizziness and vertigo, including vestibular rehabilitation and videonystagmography.

Vestibular rehabilitation includes treatments such as the Epley maneuver, which allows for candith repositioning to move the broken calcium crystals in patients experiencing BPPV, as well as Cawthorne head exercises, which focus on decreasing nerve sensitivity and improving vertigo.

Videonystagmography is a highly specialized diagnostic tool for testing inner ear functions. This test determines whether your dizziness or vertigo is being caused by a vestibular disease, and it is the only test available that can decipher whether there is a vestibular loss in one or both ears. It is a non-invasive test that uses infrared goggles to record a patient's eye movements, thus determining how well the patient is able to react to visual stimuli responses that are being sent from the vestibular system.

Physical therapy is very important to strengthening joints and learning the right exercises to relieve dizziness and vertigo, in order to improve balance. A professional can help you develop a program that plays into your strengths while increasing your ability to balance and reduce bouts of unsteadiness. Contact Polishuk Physical Therapy today to get started!

Source

https://www.mayoclinic.org/diseases-conditions/dizziness/symptoms-causes/ svc-20371787

https://www.moveforwardpt.com/SymptomsConditionsDetail.aspx9cid=8faba487-14c0482e-9280c655e1776ebe

https://www.google.com/search?q=cdc+balance+statistics&oq=cdc+balance+

You no longer need a prescription for physical therapy! Call us at (215) 641-9401 today!

Tips For Hosting A Great Tailgate



Game Day Décor

Show some stylish team spirit by starting off with Team Tablevouge Cover. These spirited covers are machine washable and allow a place for storage underneath.

Convert Your SUV Into A Table

For a tailgate-on-the-go drape the back of your SUV with a tablecloth, add a cooler full of drinks, simple sides and a couple of grilled items.

Choose Your Game Day Menu and Serving Pieces

Include simple traditions, such as game day drinks served from pretty glasses chips served with homemade dip. Don't forget to ice down some non-alcoholic drinks and bottled water.

Keep Hot Food Hot!

Serve meats such as pulled pork, in a cast iron skillet placed on top of bricks to avoid damage to your table. Choose a great tray to feature a few pre-made sliders then allow guest to self serve.

Did You Know...

Up to 86% of athletes that suffer a concussion will experience Post-Traumatic Migratine or some other type of headache pain. In fact, recent evidence indicates that presence and severity of headache symptoms may be a very significant indicator of severity of head injury and help guide return to play decisions.

http://www.protectthebrain.org/Brain-Injury-Research/What-is-a-Concussion-.aspx

Ask a Polishuk therapist for more information!

Exercise Essentials



Single Leg Stance - Forward

Stand tall. Be close to support, both at your sides and behind in case you lose your balance. Balance on one leg.



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Don't Let Your Insurance Benefits Go To Waste!

Do you have a tamily insurance plan? Have you had surgery this year? Have you used your insurance more than usual? If you answered YES, you are more likely to have a \$0 balance remaining on your out-of-pocket expenses. This means the cost could be minimal or completely covered by your insurance plan.

Let us help you get a head start going into 2022, before your deductible renews again!