



Is Your Head Spinning?

Have you ever had a sudden sense that you're spinning in place — even though you're standing perfectly still? If so, then you've experienced vertigo, an unnerving sensation that often indicates an underlying issue with your vestibular system.

A single incident of vertigo probably isn't anything to worry about, as the sensation isn't typically harmful in and of itself. However, multiple vertigo attacks could indicate an underlying issue with your vestibular system, which helps manage your balance and spatial awareness. Frequent vertigo can also increase fall risk, leading to potential injury or hospitalization.

While vertigo can feel hallucinatory and strange, it is more often than not rooted in a physical issue — one that the physical therapists at OSR Physical Therapy can help address. Our team's understanding of your body's vestibular and balance systems ensures you can find the relief you need to live a full, healthy life.

Don't let vertigo sweep you off your feet. Call us today to schedule an initial consultation!

Understanding Vertigo: What It Is, What It Feels Like, and What Causes It

Many people use the terms "vertigo" and "dizziness" interchangeably, but vertigo is a specific type of dizziness. Dizziness can refer to a range of sensations: wooziness, lightheadedness, etc. Vertigo

refers to a particular sensation in which you feel like you or the space you're in is spinning.

Vertigo is closely associated with your vestibular system, which is located in your inner ear (the peripheral vestibular system) and in your cerebellum (the central vestibular system). Most people with vertigo have an impairment in the peripheral vestibular system: the structures and canals of the inner ear.

What sort of impairments? Here are a few of the most common:

- **Benign Positional Paroxysmal Vertigo (BPPV):** The most common source of vertigo, this occurs when tiny crystals build up in the inner ear canal.
- **Meniere's Disease:** This results from fluid buildup in your inner ear. In addition to vertigo, you might experience hearing loss or muffled hearing, tinnitus, and a sense of fullness in the ear.
- **Labyrinthitis:** This is an inner ear inflammation resulting from an infection.

It's important to remember that vertigo isn't really a condition in and of itself — it's a symptom. If you can't find an obvious inner ear issue that could be causing your vertigo, you may have central vertigo, vertigo that's rooted in your cerebellum. The following can cause central vertigo:

- Stroke
- Migraines
- Vascular disease
- Traumatic brain injury

Our physical therapists will work with you and other providers, if needed, to determine the exact root of your vertigo attacks.



We Can Help you Heal.
Call 1.480.360.3921 Today!

Physical Therapy's Role in Treating Vertigo

Many people are surprised that physical therapy is a standard treatment for vertigo, but it's true, especially if you have peripheral vertigo. Our therapists will blend several different treatments to help manage your vertigo attacks while working to improve your overall balance and stability:

- **Vestibular rehabilitation** is a specialized form of physical therapy that consists of exercises specifically designed to address issues with the vestibular system, including relaxation techniques, gaze stabilization exercises, and more.
- **Repositioning maneuvers help people with BPPV.** We can dislodge the crystals causing your symptoms by positioning your head in certain ways.
- **Balance training is an integral part of any vertigo treatment plan.** We'll walk you through exercises designed to challenge — and improve — your overall balance, which helps reduce your fall risk.
- **Conditioning programs are another important piece in the vertigo puzzle.** Muscular weakness, particularly in the core, can contribute to balance issues; a tailored exercise program will help you build the strength you need to stay on your feet.
- **Finally, patient education ensures you understand the cause of your vertigo and have the tools you need to manage it.** For example, we can help you identify and avoid vertigo triggers and provide strategies to make it through vertigo attacks.

Yummy Recipe:

Potato & Chorizo Breakfast Hash

Ingredients:

- 1 large onion
- 1 clove of garlic
- 120 g quality chorizo
- 2-3 cooked potatoes
- 1/2 bunch of fresh flat-leaf parsley
- olive oil
- 2 large free-range eggs



Here's how to make it: Preheat the oven to 180°C / gas 4. Peel and finely chop the onion and garlic, chop the chorizo, dice up the cooked potato and pick and finely chop the parsley. Gently fry the onion and garlic in a little oil in an ovenproof pan until the onion is soft. Add the chorizo and fry for 2 to 3 minutes. Add the potatoes and cook for 5 minutes more, then crack the eggs on top. Transfer the pan to the preheated oven and bake for 8 minutes, or until the egg white is set but the yolk is still runny. Sprinkle with sea salt, black pepper and the parsley, to serve.

Say Goodbye to Vertigo. Call OSR Physical Therapy Today!

Although it's not life-threatening, vertigo can profoundly impact your overall quality of life. Many people with frequent vertigo are less likely to go out or participate in their favorite recreational activities for fear of an ill-timed attack. But our physical therapists can help control—and sometimes even resolve — your vertigo, ensuring you live a rich, active life. Ready to learn more?

Call to schedule an appointment today.

Sources: <https://www.choosept.com/guide/physical-therapy-guide-vertigo> - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3994334/> - <https://www.ncbi.nlm.nih.gov/books/NBK482356/>



Success Spotlight

Congratulations John on graduating from Physical Therapy! We're so glad you're feeling better and able to get back to your normal... sending you heartfelt wishes for unforgettable adventures and safe travels ahead!!

Want to improve your health? Call 1.480.360.3921 Today!

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OSR
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A Weekend Getaway!

Each time you refer a friend or family member you are entered into our quarterly drawing!

Thank You!

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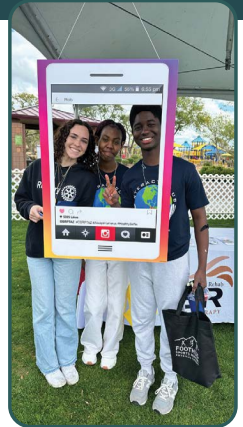
OPEN POSITIONS

- Physical Therapist
- Physical Therapist Assistant

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Anthem Days



Let's Get Social!

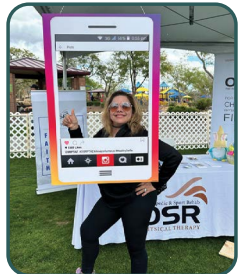


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OSR participated once again in a cherished company tradition, Anthem Days! This annual gathering embodies the spirit of community engagement. Thank you to everyone who came out to support our local community and foster connections that extend far beyond the workplace!

 Call us at 1.480.360.3921!