Anatomy Physiotherapy Clinic

NEWSLETTER



PHYSIOTHERAPY CAN HELP YOUR VERTIGO

Do you find yourself getting dizzy doing everyday tasks? Do you find it hard to focus on one thing for long periods? Do you feel tired, lightheaded, or nauseous at any time of the day? If so, some of these can be a sign of vertigo. At Anatomy Physiotherapy Clinic, our physiotherapists can evaluate your condition and help you find relief, sometimes in a matter of minutes!

People who experience vertigo typically report an overwhelming sensation of feeling off-balance. It can make someone feel dizzy, like you're moving or spinning, resulting in a loss of balance. Some people experience problems focusing their eyes or have ringing in their ears. If severe, the condition can cause sweating and even nausea or vomiting.

Our physiotherapists at Anatomy Physiotherapy Clinic can help relieve your symptoms. Call today to schedule an appointment with one of our specialists!

The Most Common Causes of Vertigo

Three common causes of vertigo symptoms are Benign Paroxysmal Positional Vertigo (BPPV), Meniere's Disease, and vestibular neuritis.

BPPV is essentially an inner-ear infection. This type of infection occurs when microscopic calcium particles called "canaliths" clump up in the inner ear canals.

Your inner ear is responsible for sending gravitational messages to your brain regarding the movements of your body. This is how we remain balanced daily. When the inner ear canals are blocked, the correct messages cannot make it to the brain, and we become unbalanced — thus, causing vertigo.

Meniere's Disease is a disorder of the inner ear caused by a buildup of fluid and fluctuating pressures within the ear. It has a similar effect as BPPV, as the fluid and pressure block messages from the inner ear canal to the brain, resulting in imbalance. Meniere's Disease can cause tinnitus, commonly referred to as "a ringing of the ears," and may even cause hearing loss in extreme cases.

Vestibular neuritis is also known as labyrinthitis. This is another type of inner ear infection, but it's caused by a virus. The virus causes the inner ear and surrounding nerves to swell, resulting in difficulties with your balance due to discrepancies in the messages sent to the brain.

Although the most common causes of vertigo are due to issues with the inner ear, some less common causes of vertigo include::

- Injury to the head or neck
- Medications
- Brain tumors
- Migraines
- Stroke

Vertigo can sometimes go away on its own, however, it can also progress and worsen over time. If you believe you may have the symptoms of vertigo or one of its causes, it is essential to consult with one of our physiotherapists immediately.

See Inside

- How Can Physiotherapy Help With Your Vertigo?
- Exercise Essentials
- Patient Success Spotlight
- Healthy Recipe
- And More!

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HOW CAN PHYSIOTHERAPY HELP WITH YOUR VERTIGO?



Physiotherapy is a standard treatment for vertigo, and our therapists at Anatomy Physiotherapy Clinic are trained to help alleviate any vertigo symptoms you may be experiencing. Your physiotherapist will ask you questions to identify the cause of your vertigo and use this information to design the best treatment.

Your physiotherapist will perform tests to determine the causes of your vertigo. In some cases, the tests will clarify what is going on and how to resolve it. For example, if you have Nystagmus, also known as "eye jerks." This is the phenomenon of experiencing uncontrollable eye movements and is common with BPPV testing.

Our physiotherapists are movement experts. In addition to vertigo testing, they also will determine your risk of falling. Then, depending on the results, your physiotherapist may recommend further testing or specific interventions to alleviate your condition and ensure you are safe. The exact treatments will focus on helping you get moving again and managing your vertigo simultaneously.

Treatment may include specialized head and neck movements that you can be taught to do. If you still have dizziness and balance problems after vertigo stops, your physiotherapist can target specific activities to address those problems.

Therapeutic Methods for Vertigo

Vestibular rehabilitation focuses on the vestibular system, located within the inner ear. The goal of this kind of therapy is to rebalance your vestibular system.

The vestibular system sends the gravitational messages to your brain about your body movements, and focusing on balance-specific exercises can help reset this system, thus diminishing the effects of vertigo.

Canalith repositioning maneuvers focus on treatment-specific head and body movements for BPPV patients. These exercises help move the calcium deposits out of the inner ear canal to alleviate blockage and allow gravitational messages to be more easily received by the brain. As the backup shrinks, the symptoms of vertigo will lessen.

Call to Make an Appointment

Physiotherapy is essential to identify the correct exercises to relieve dizziness, vertigo and to help improve balance. We'll provide relief for all of your dizzying symptoms!

Contact Anatomy Physiotherapy Clinic today to get started!

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Patient Success Spotlight

"I'm back to running and even racing again."

I came into the clinic with chronic pain in my achilles and with the time and care with Andrew, I'm back to running and even racing again. I never thought I would get to this spot again, but I did with Andrew's help. Andrew is a five star human and shows that he cares about his patients and is very friendly and approachable. **– Kyle D.**

STAFF SPOTLIGHT



Bertrand Lim

Registered Physiotherapist

Bertrand completed his Master in Physiotherapy from the University Ottawa in 2019. Prior to this, he obtained a Bachelor in Structural Engineering from McMaster University in 2013. With a strong interest in orthopedics and musculoskeletal injuries, Bertrand completed his level 2 manual therapy lower extremity within the Orthopedic Division of the Canadian Physiotherapy Association and is currently working on other levels to provide more optimized and evidence-based care to clients. Additionally, Bertrand has pursued additional post-graduate certification in Functional Dry Needling.

Bertrand has a deep passion for manual therapy and tends to tailor each treatment program based on the client's needs and their individual goals whether that's getting back into sports/activities or simply daily living activities. He combines manual therapy in conjunction with individualized exercise programs to get efficient results.

Born in Mauritius, Bertrand moved to Canada at the age of 14 and is fully bilingual in French and English. In his spare time, Bertrand enjoys playing soccer, weight lifting and hanging out with his dog.

HEALTHY RECIPE

Chocolate Shamrock Shake!



INGREDIENTS:

- 1 2/3 cup milk of choice
- 1/3 cup canned coconut milk, or creamer
- 1 frozen banana (or sub 2/3 cup frozen coconut meat)
- 2 1/2 tsp cocoa or cacao powder
- Scant 1/8 tsp salt
- 1/8 - 1/4 tsp pure peppermint extract
- Sweetener of choice, (as desired)
- Chocolate chips, (optional)

DIRECTIONS: Blend all ingredients until completely smooth. Pour into a glass, and enjoy! Feel free to experiment by adding 1 tsp of instant coffee to make a frappe, or use a non-frozen banana and heat ingredients on stove top to make Shamrock Hot Chocolate!

Exercise Essentials

PLANK FOREARMS & FEET

Lie on stomach. Hold ankle with hand. Gently pull ankle toward the buttock. You should feel a stretch in the front of your thigh. Hold for 20 seconds and repeat on each leg.



You deserve to feel better!

SCHEDULE YOUR APPOINTMENT TODAY!

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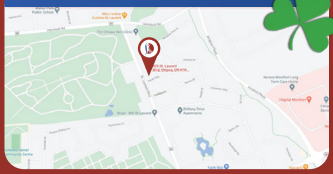
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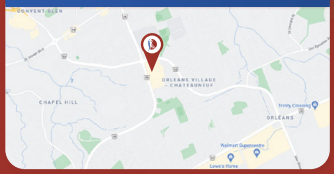
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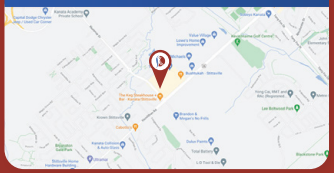
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