

# NEWSLETTER

July 2022

## **AGILITY** PHYSICAL THERAPY *Experience the Difference*

### **STAND UP STRAIGHT WITH BALANCE THERAPY**

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 signs of vertigo. At Agility Physical Therapy, our physical therapists can evaluate your condition and help you find relief, sometimes in 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 physical therapists at Agility Physical Therapy can help relieve your symptoms. Call today to schedule an appointment with one of our specialists!

#### **WHAT CAUSES VERTIGO?**

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

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BPPV is essentially an inner-ear infection. This 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 a virus causes it. 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.

# ***When to Go to An ENT Versus a PT***

If you experience vertigo for more than a day or have regular bouts affecting your daily life, you should see your otolaryngologists and an ear, nose, and throat doctor (ENT). An ENT can find out the cause of your dizziness and help you find the right treatment to resolve it.

An otolaryngologist performs a physical exam and uses specialized equipment that magnifies the ear canal and eardrum for a more precise examination. They may also examine your eye movements or ask you to track an object from one point in space to another to help determine the source of your symptoms.

Physical therapists are trained to be experts at evaluating the musculoskeletal system, including the cervical spine and vestibular system, which are often the source of vertigo. A therapist will perform a comprehensive history and physical examination to evaluate further movements that can trigger dizziness and clarify where specifically your issues are located.

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. Often the tests a physical therapist uses will serve as treatments to help resolve the issues. Our therapists can help resolve your dizziness sooner than later when combined with manual therapy and specific vestibular exercises!

## ***What to expect at physical therapy sessions***

Physical therapy is a standard treatment for vertigo, and our therapists at Agility Physical Therapy are trained to help alleviate any vertigo symptoms you may be experiencing. In addition to vertigo testing, they will determine your risk of falling. The exact treatments will focus on helping you get moving again and managing your vertigo simultaneously.

Vestibular rehabilitation focuses on the vestibular system, located within the inner ear. The vestibular system sends 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.

If you still have dizziness and balance problems after vertigo stops, your physical therapist can target specific activities to address those problems.

## ***Call to make an appointment!***

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

Contact today to get started!

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### *Sources:*

[https://journals.lww.com/otology-neurotology/Abstract/2019/10000/Assessment\\_of\\_Health\\_Care\\_Utilization\\_for.22.aspx](https://journals.lww.com/otology-neurotology/Abstract/2019/10000/Assessment_of_Health_Care_Utilization_for.22.aspx)

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<https://www.nidcd.nih.gov/health/balance-disorders>

<https://www.choosept.com/guide/physical-therapy-guide-vertigo>

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SCAN ME

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**FREE SUMMER  
WELLNESS CHECK-UP**

**VENICE: (941) 484-8107**

**SOUTHBRIDGE: (941) 244-2410**

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**START OFF THE SEASON RIGHT BY  
SCHEDULING A FREE 20 MINUTE  
TELEHEALTH APPOINTMENT**

*Offer valid for the first 25 people to schedule. Expires 08-30-22*

*This quarter we are collecting back to school supplies for local Venice schools. All donations can be delivered to either Agility location for the months of July, August, and Sept. Any supplies for students, teachers, and classrooms is greatly appreciated!*

## *Patient Success Spotlight*

*"Very impressed with Joyce! She is knowledgeable and its easy to trust her with my care & progress."*

**– Kathy**



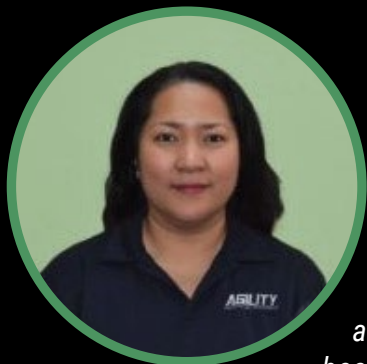
### *Joyce's Slow Cooked Pulled Pork*

#### Ingredients

- Slow Cooker Asian Pulled Pork
- 3lb pork shoulder
- 2tsp salt
- 2 tsp black pepper
- 2/3 cup soy sauce
- 4 tbsp brown sugar
- 2tsbp vinegar
- 6 large crushed garlic cloves
- 2inch knob ginger diced
- 2 stalks green onion chopped
- 3 bay leaves
- 1 tbsp sesame oil

**Instructions:** Place all ingredients into a slow cooker except the oil. Cook on low for 6hrs. Remove pork from pot after 6hrs. Pull apart pork. Cook down sauce in pan to thicken, and then mix with pulled pork. Drizzle with sesame oil.

Source: [www.tasty.co/recipe/watermelon-cucumber-lime-juice](http://www.tasty.co/recipe/watermelon-cucumber-lime-juice)



**JOYCE BELTRAN, PT**

*Joyce received a Bachelors in Physical Therapy in 2000 from the University of the City of Manila in the Philippines. She worked as a licensed Physical Therapist at Manila Naval Hospital for 6 years before moving to Florida in 2006. Joyce has a vast knowledge and experience in orthopedics, back and sacral iliac problems, neurology rehab, and manual therapy. She also holds a certification in Vestibular Rehabilitation. Joyce is Big & Loud trained and certified.*

## ARE YOU KEEPING UP WITH YOUR APPOINTMENTS?

*By ensuring you are staying on track with your physical therapy appointments you will stay on the road of better health and wellness. Consistency is incredibly important in order to achieve the results you want. Can't make it to your appointment? We can also bill your insurance for telehealth and virtual visits! Contact us today with any questions or to schedule your next appointment today!*

## Exercise Essentials

### *Epley Maneuver*

*If your vertigo comes from your left ear and side, reverse directions if your vertigo comes from the right. Sit on the edge of your bed. Turn your head 45 degrees to the left (not as far as your left shoulder). Place a pillow under you so when you lie down, it rests between your shoulders rather than under your head. Quickly lie down on your back, with your head on the bed (still at the 45-degree angle). The pillow should be under your shoulders. Wait 30 seconds (for any vertigo to stop). Turn your head halfway (90 degrees) to the right without raising it. Wait 30 seconds. Turn your head and body on its side to the right, so you're looking at the floor. Wait 30 seconds. Slowly sit up, but remain on the bed a few minutes. If the vertigo comes from your right ear, reverse these instructions. Sit on your bed, turn your head 45 degrees to the right, and so on. Do these movements three times before going to bed each night, until you've gone 24 hours without dizziness.*

**CALL TODAY! 941-484-8107**