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How Physical Therapy Can Help Your Vertigo



How Physical Therapy 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 signs of vertigo. At Boulet Physical Therapy, our physical therapists 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 physical therapists at Boulet Physical Therapy 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
- Migraines
- Medications
- Stroke
- Brain tumor

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 physical therapists immediately.

How Physical Therapy Can Help

Physical therapy is a standard treatment for vertigo, and our therapists at Boulet Physical Therapy are trained to help alleviate any vertigo symptoms you may be experiencing. Your physical therapist will ask you questions to identify the cause of your vertigo and use this information to design the best treatment.

Your physical therapist 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, your physical therapist can test 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 physical therapists are movement experts. In addition to vertigo testing, they also will determine your risk of falling. Then, depending on the results, your physical therapist 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 physical therapist can target specific activities to address those problems.

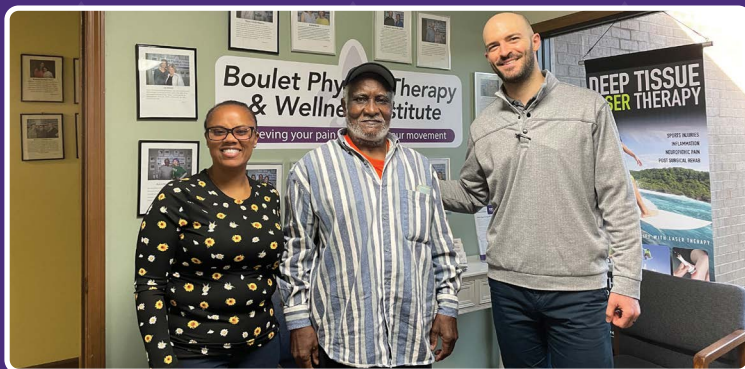
Therapeutic methods for vertigo

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

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

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5954334/> · <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5806799/> · <https://www.ncbi.nlm.nih.gov/books/NBK482356/> · <https://www.nidcd.nih.gov/health/balance-disorders> · <https://www.chooisept.com/guide/physical-therapy-guide-vertigo>



Patient Success

“I came in for vertigo and neck pain. Taylor and the techs were great. My balance has greatly improved and I’m moving more than before.” — Paul L.

Wishing you and your loved ones a wonderful holiday season.

The end of the year brings no greater joy than the opportunity to express how grateful we are for our patients. Happy holidays to all of you, and may your new year be filled with happiness.

A new year means a new you!

We want all of our patients to know that we are behind you 100% when it comes to maintaining their fitness and embarking on a journey to better health. The beginning of a new year is certainly a wonderful time to set forth expectations about improving our health! If you're interested in learning more about how you can put your health first, contact us today for more information.

Call 337.223.4622 Today!

HAPPY
HOLIDAYS

and
Happy New
Year

3 Health Tips for the Holidays

1. Make sure you're getting enough sleep

With everything that goes on during December and January, it's understandable to search for more time in the day. Sacrificing your sleep, however, will end up doing you more harm than good. Sleep is how the body recovers and recharges. Poor sleeping habits are linked to an increased risk of heart disease, reduced cognition, and mood shifts. Aim to get 7-8 hours a night.



2. Stay active

Exercise supports both your mental and physical health and is an integral part of a healthy lifestyle. The great thing about exercising is that there's certainly no shortage of ways to get active! From going down to the park with your kids, walking around the neighborhood, biking, doing yoga, or hitting the gym, there are many ways to make exercising fit into your busy lifestyle.

3. Don't skip meals

With big Christmas lunches and dinners to look forward to, it can sometimes be tempting to eat less food during the day to save room for later. However, this can actually encourage you to make less healthy choices and have an unbalanced diet. Eating one big meal a day can also increase your blood pressure and cholesterol. Instead, try to eat regular meals with servings of lean protein, fruits, and vegetables.

ARE YOU KEEPING UP WITH YOUR APPOINTMENTS?

By ensuring you are staying on track with your physical therapy appointments with our clinic you will stay on the road of better health and wellness.

Consistency is incredibly important in order to achieve the results you want. Contact us today with any questions or to schedule your next appointment by calling or going online today!

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Spread The Love!

Would you take a moment to share your Boulet PT experience on our Google Review page? We make it easy: just scan this QR code with your phone's camera.



Seasonal Recipe

Christmas Tree Brownies

Ingredients:

- 1 box Brownie Mix
- 1 tub white vanilla icing
- green food coloring
- small round sprinkles
- small star sprinkles
- candy canes

Directions:

Line an 8" x 8" baking pan with aluminum foil and spray with cooking spray. Prepare the brownie mix according to the package directions and bake as directed. Allow brownies to completely cool, approximately 1.5 hours. Remove the brownies from the pan, and cut into triangles. Unwrap the candy canes, and use a sharp knife to gently cut/break the candy canes into 1.5" long pieces. Press the sharper end of the candy cane into the bottom of the brownie triangles. Spoon out approximately 1/2 of the tub of icing into a bowl. Add green food coloring until you're happy with the color. Spoon the green icing into a zip lock bag. Seal the bag and cut off a small corner of the bag with sharp scissors. Starting at the top of the brownie triangles, gently squeeze out the icing in a curvy zigzag as you go down the tree. Add your favorite sprinkles and a small star sprinkle at the top. Enjoy!



<https://onelittleproject.com/christmas-tree-brownies/>

Call Boulet Today



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