

# MALVERN

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## PHYSICAL THERAPY

N E W S L E T T E R



**RELIEVE YOUR  
DIZZINESS & VERTIGO**



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# MALVERN PHYSICAL THERAPY

N E W S L E T T E R



## RELIEVE YOUR DIZZINESS & VERTIGO

Have you noticed you are not as steady as you used to be? Do you notice that dizziness makes you feel less balanced? No matter your age, you can improve your balance. At Malvern Physical Therapy, we can help you figure out what is causing your vertigo and/or dizziness and, more importantly, how to resolve it! Balance is a big deal but we take it for granted. Your balance system is incredibly complex and allows you to walk around obstacles without thinking. However, it can be challenging to perform daily tasks and activities you enjoy when your balance is affected.

If you've been feeling dizzy, or you think you may have some of the symptoms of vertigo, call Malvern Physical Therapy today to schedule an appointment with one of our experienced physical therapists.

### WHAT IS CAUSING YOUR DIZZINESS AND/OR VERTIGO?

Dizziness is a general term used to describe a sense of unsteadiness that may be due to a lack of sleep, poor nutrition, overexertion, or a physical ailment (i.e., 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:

- Loss of balance
- Lightheadedness or heavy-headedness
- Momentarily impaired vision
- Feeling unsteady or faint

Vertigo is the result of an issue in your 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 the vestibular system is impaired, the messages to your brain are altered, 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, or you can't stand/move appropriately 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.
- **Meniere's disease.** This occurs when fluid builds up in your ear(s). This typically includes ringing sounds in the inner ear 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 vertigo.
- **Migraines.** Migraines can impact your vestibular system, and may be coupled with sensitivities to light or sound, or may also impair your vision.
- **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.

### SOME ACCOMPANYING SYMPTOMS TO VERTIGO:

- Inability to focus or remain alert.
- Double vision.
- Nausea or vomiting.
- Arm or leg weakness.
- Difficulty seeing or speaking.
- Sweating.
- Abnormal eye movements.

To learn more about how we can help you live your healthiest life, contact us today! We can help you thrive this summer and get ready for back to school!

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# HOW PHYSICAL THERAPY CAN HELP YOUR BALANCE

Dizziness and vertigo can both hinder your balance, limiting your ability to perform even the simplest of tasks. Luckily, no matter the cause, physical therapy for dizziness and vertigo can help.

At Malvern Physical Therapy, our therapist has some of the most advanced techniques for diagnosing and treating dizziness and vertigo, including vestibular rehabilitation and videonystagmography.

Our physical therapists will perform a proper physical examination and take a thorough medical history to ensure we provide a comprehensive and personalized treatment plan.

The primary goal of the assessment is to identify the specific cause of your dizziness and use a combination of manual therapy, balance exercises therapy, posture corrections, and education to help you resolve your condition.

## THE MOST COMMON TREATMENTS WILL FOCUS ON:

- Reducing vestibular symptoms through specific head and body movements and positions. These movements help restore the calcium deposits to alleviate your dizziness.
- Balance exercises and vestibular rehabilitation. Specific balance exercises and particular activities focus on decreasing nerve sensitivity and reducing the effects of vertigo.
- Postural education to optimize function.

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Our therapists may use videonystagmography to determine whether a vestibular disease is causing your dizziness or vertigo. It is the only test available to decipher whether there is a vestibular loss in one or both ears. This non-invasive test uses infrared goggles to record a patient's eye movements to determine how well the patient can react to visual stimuli responses sent from the vestibular system.

If you believe you may be experiencing vertigo, contact us today. We'll provide relief for all of your symptoms.

## CALL TO MAKE AN APPOINTMENT

Physical therapy is essential to identify the correct exercises to relieve dizziness and vertigo to improve balance. Contact Malvern Physical Therapy today to get started!

Sources: <https://www.nidcd.nih.gov/health/balance-disorders> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3206229/> • <https://pubmed.ncbi.nlm.nih.gov/31813696/>



## NO BAKE ENERGY BITES



### INSTRUCTIONS:

- 1 cup old-fashioned oats
- 2/3 cup toasted shredded coconut (sweetened or unsweetened)
- 1/2 cup creamy peanut butter
- 1/2 cup ground flaxseed
- 1/2 cup semisweet chocolate chips (or vegan chocolate chips)
- 1/3 cup honey
- 1 tablespoon chia seeds (optional)
- 1 teaspoon vanilla extract

**INSTRUCTIONS:** Stir everything together. Stir all ingredients together in a large mixing bowl until thoroughly combined. Chill. Cover the mixing bowl and chill in the refrigerator for 1-2 hours, or until the mixture is chilled. (This will help the mixture stick together more easily.) Roll into balls. Roll into mixture into 1-inch balls. Serve. Then enjoy immediately! Or refrigerate in a sealed container for up to 1 week, or freeze for up to 3 months.

## EXERCISE ESSENTIALS

Helps To Improve Balance



### 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. Hold for thirty seconds. Repeat on both legs.



## Patient Success Spotlight



**"Drew and the staff are great. I appreciate all they did for me in my recovery with their help, patience and encouragement. Definitely will recommend Pro-Active." —A.W.**

**"This team is attentive, knowledgeable, and so sweet." —P.C.**

### IF YOU NEED TO HAVE THERAPY:

- 1) **CHOOSE** Physical Therapy 2) **GO** to all prescribed therapy appointments!

## FUN & GAMES

				1	9	3		
		9	4	3				
					7		5	
		1	8	6		5	7	
6	9		5		3		2	1
7		5		9	2	4		
4		8						
				4	9	1		
	7	2	3					

**CALL (501) 359-5948 TODAY!**

## Staff Spotlight



### Drew Davis

*Physical Therapist at Pro-Active Physical Therapy Sheridan*

Drew is a current resident of Benton, where he lives with his wife Katelyn and their dog Tucker. In his spare time he likes to get in a good workout and he also enjoys online gaming. One day he would love to visit and bungee jump in Australia and New Zealand. Drew is a graduate of Harding University and he joined our team in June of 2021 at our Sheridan location. He loves learning new techniques so he can better help his patients.

**When asked what his favorite part of the job is he says:**

*"Hearing my patients say "No more Pain"—Drew*

# MALVERN PHYSICAL THERAPY

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