

FEELING DIZZY?

APPROXIMATELY 69 MILLION AMERICANS HAVE EXPERIENCED SOME FORM OF VESTIBULAR DYSFUNCTION.

Are you experiencing dizziness when you turn your head too fast, roll over in bed, or when walking down a hallway or grocery aisle? Have you had vision problems, hearing changes, or been feeling unsteady on your feet? You may be experiencing dizziness, vertigo, disequilibrium or BPPV!

COMMON CAUSES OF DIZZINESS:

- Vestibular/Inner Ear Disorders
- Medications
- Blood Pressure Issues
- Neck Pain / Migraines
- Other Medical Conditions

DIAGNOSIS

Talk to your provider if your feeling of dizziness interferes with your daily life. Getting a diagnosis may take time while ruling out other conditions.

TREATMENT

HOW WILL PHYSICAL THERAPY HELP?

If your provider orders therapy, a physical therapist will conduct a thorough exam to help determine the appropriate treatment. If necessary, they may perform positioning maneuvers to reset your inner ear canals. They may provide exercises to strengthen your vestibular system, decrease dizziness, and improve your balance.

At Lexington Regional Health Center, Curtis Roemmich, DPT & Brooke Wolfe, PTA specialize in vestibular rehab to help you with dizziness.

