



IS YOUR HEAD SPINNING? HOW PHYSICAL THERAPY CAN HELP YOUR VERTIGO



COME BACK TO PHYSICAL THERAPY! CALL 847.748.1320 TODAY!

Have you ever had a sudden sense that you're spinning in place—even though you're standing perfectly still? If so, then you've experienced vertigo, an unnerving sensation that often indicates an underlying issue with your vestibular system. A single incident of vertigo probably isn't anything to worry about, as the sensation isn't typically harmful in and of itself.

However, multiple vertigo attacks could indicate an underlying issue with your vestibular system, which helps manage your balance and spatial awareness. Frequent vertigo can also increase fall risk, leading to potential injury or hospitalization.

While vertigo can feel hallucinatory and strange, it is more often than not rooted in a physical issue—one that the physical therapists at Rebound Fitness & Rehabilitation can help address. Our team's understanding of your body's vestibular and balance systems ensures you can find the relief you need to live a full, healthy life. Don't let vertigo sweep you off your feet. Call us today to schedule an initial consultation!

Understanding Vertigo: What It Is, What It Feels Like, and What Causes It

Many people use the terms "vertigo" and "dizziness" interchangeably, but vertigo is a specific type of dizziness. Dizziness can refer to a range of sensations: wooziness, lightheadedness, etc. Vertigo refers to a particular sensation in which you feel like you or the space you're in is spinning.

Vertigo is closely associated with your vestibular system, which is located in your inner ear (the peripheral vestibular system) and in your cerebellum (the central vestibular system). Most people with vertigo have an impairment in the peripheral vestibular system: the structures and canals of the inner ear.

What sort of impairments?

- **Benign Positional Paroxysmal Vertigo (BPPV):** The most common source of vertigo, this occurs when tiny crystals build up in the inner ear canal.
- **Meniere's Disease:** This results from fluid buildup in your inner ear. In addition to vertigo, you might experience hearing loss or muffled hearing, tinnitus, and a sense of fullness in the ear.
- **Labyrinthitis:** This is an inner ear inflammation resulting from an infection.

It's important to remember that vertigo isn't really a condition in and of itself—it's a symptom. If you can't find an obvious inner ear issue that could be causing your vertigo, you may have central vertigo, vertigo that's rooted in your cerebellum. The following can cause central vertigo:

- Stroke
- Migraines
- Vascular disease
- Traumatic brain injury

Our physical therapists will work with you and other providers, if needed, to determine the exact root of your vertigo attacks.

PHYSICAL THERAPY'S ROLE IN TREATING VERTIGO

Many people are surprised that physical therapy is a standard treatment for vertigo, but it's true, especially if you have peripheral vertigo. Our therapists will blend several different treatments to help manage your vertigo attacks while working to improve your overall balance and stability:

- Vestibular rehabilitation is a specialized form of physical therapy that consists of exercises specifically designed to address issues with the vestibular system, including relaxation techniques, gaze stabilization exercises, and more.
- Repositioning maneuvers help people with BPPV. We can dislodge the crystals causing your symptoms by positioning your head in certain ways.



- Balance training is an integral part of any vertigo treatment plan. We'll walk you through exercises designed to challenge—and improve—your overall balance, which helps reduce your fall risk.
- Conditioning programs are another important piece in the vertigo puzzle. Muscular weakness, particularly in the core, can contribute to balance issues; a tailored exercise program will help you build the strength you need to stay on your feet.
- Finally, patient education ensures you understand the cause of your vertigo and have the tools you need to manage it. For example, we can help you identify and avoid vertigo triggers and provide strategies to make it through vertigo attacks.

Say Goodbye to Vertigo. Call Rebound Fitness & Rehabilitation Today!

Although it's not life-threatening, vertigo can profoundly impact your overall quality of life. Many people with frequent vertigo are less likely to go out or participate in their favorite recreational activities for fear of an ill-timed attack. But our physical therapists can help control—and sometimes even resolve—your vertigo, ensuring you live a rich, active life. Ready to learn more? Call to schedule an appointment today.

Sources: <https://www.choosept.com/guide/physical-therapy-guide-vertigo> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5954334/> • <https://www.ncbi.nlm.nih.gov/books/NBK482356/>

Patient Success



"Rebound Fitness truly has the best physical therapists! I have chronic back pain and have been to my fair share of physical therapists, but this place tops all the rest. I have been working with Justin Aquino for a little over a year and while I may be biased because he is my physical therapist, I am consistently feeling much better than I have over the past 5 years. He is truly a miracle worker and has become a friendly face that I look forward to seeing each week. I also have to comment on how amazing, friendly and intelligent the rest of the staff is. At Rebound they emphasize treating the person rather than treating the injury which is something that makes me confident in the help that I am receiving." — E.W.



**REBOUND
FITNESS &
REHABILITATION**

Coupon Corner

**FREE 15 MINUTE
DISCOVERY SESSION**

Call To Schedule Today!

WE LOOK FORWARD TO YOUR CALL:

847.748.1320

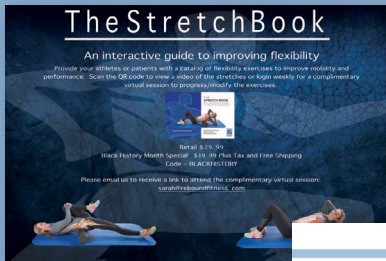
START THE ROAD TO RECOVERY BY CALLING P: 847.748.1320 NOW!

Our Exclusive STRETCH BOOK

NOW ONLY 25\$ + FREE SHIPPING

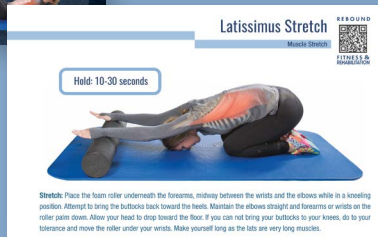
CALL 847.748.1320 NOW!

The Stretch Book: An Interactive Guide To Restore Flexibility by Greg Cadichon ATC and John Brna MD is available now!



A Great Resource To
Living A Healthier
Lifestyle!

Includes Stretches
For All Major
Muscle Groups!



Our Stretch Book can help you achieve your health goals. Each stretch includes an instructional video to show you exactly what you need.

For more information, visit us at: REBOUNDFITNESS.COM

Share The Path To Better Health!

Share the benefits of physical therapy with a friend!

We appreciate your confidence and will do our best to help those you refer meet their health and rehab goals. Thank you to all of our friends who refer others to us! Leave us a Google review! Click the button below to leave your review now. Your positive review helps us impact more people's lives!

Leave A Review

EXERCISE ESSENTIALS

Check out these exercises on our Youtube channel to simply feel your best this spring!

VOR SACCADES



SEATED CHIN TUCKS



Our Practice Is Here For You

Rebound Fitness & Rehabilitation has been serving the people of Northbrook, IL since 1994. We have a highly experienced and dedicated team of physical therapists who offer specialized treatment services for any pain, injury, or discomfort you may be feeling. Our patients have found high levels of success in our treatment services, due to our implementation of advanced technology and methods.

