

# When the Earth Stopped Spinning

By Kristen Wilson



It happens all the time. A patient tells his doctor that every time he gets in and out of bed he feels an uncontrollable spinning sensation, a dizziness that is staggering. The sensation is almost as if the Earth is spinning at faster rates than tolerable. The doctor attributes the spinning to old age, medication, or low blood pressure, prescribes a new medication, and sends the patient on his way. Is dizziness a symptom that should be chalked up to just another part of aging? **ABSOLUTELY NOT!!**

Dizziness may be caused by a number of issues including aging, medication, and blood pressure; however, more importantly, one cause of dizziness can be misplaced crystals in the vestibular system. This issue, known as Benign Paroxysmal Positional Vertigo (BPPV), affects many adults regardless of age. These crystals, located in the inner ear, help the body identify its position in space, as well as its perception of movement. Events like a fall, illness, or dehydration may cause these crystals to shift out of position, wreaking havoc on the inner ear and its ability to maintain equilibrium. The result is dizziness or vertigo that occurs with position changes,

head turning, or while perceiving movement.

## Enter the vestibular physical therapist.

Many people, including doctors, do not realize that dizziness can be easily corrected with a few simple physical therapy maneuvers and exercises. A vestibular physical therapist can often correct the cause of vertigo or dizziness in as little as 1-3 visits regardless of how long someone has had the symptoms. A physical therapist will perform a series of tests to confirm whether the symptoms are the result of misplaced crystals or from another issue. Based on the results of that test, corrective maneuvers are performed, oftentimes resulting in immediate improvement in vertigo and dizziness.

## Consider visiting a vestibular therapist if you have any of the following symptoms:

- Dizziness when changing positions from lying down to/from sitting or sitting to/from standing
- Dizziness when turning your head while walking or driving

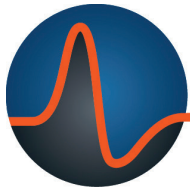
- Loss of balance when walking on uneven surfaces or in low lit areas
- Loss of balance when turning around

No one should tolerate feeling dizzy or unsteady, especially when a remedy is as close as a phone call away. Even though the Earth will keep spinning, you shouldn't!



## Curious if vestibular therapy

**is right for you?** Send us an email at [action-potential@reachyours.com](mailto:action-potential@reachyours.com) and we'll be happy to answer any questions. Or ask your physician for a referral for a physical therapy vestibular evaluation with our vestibular therapists Kathy Dixon or Sarah Homan.



## Action Potential

### One on One Physical Therapy

One on One Sessions | No Doctor Referral Necessary

**484-841-6154**

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