



### **Vestibular Rehab**

Are you suffering from dizziness or vertigo? Is it affecting the ability to participate in your work or regular activities? It can be treated! Here at Physical Edge we are specialized in treating vertigo and dizziness and are committed to helping you get back to normal.

#### **Some symptoms you may be struggling with:**

- Dizziness that occurs:
  - when you change position
  - when you are lying in bed
  - when you are in a busy place
  - when you are on a train or driving in the car
  - when you are walking or moving
- Vertigo (a feeling that the room is spinning)
- Loss of balance
- Feeling unsteady
- Difficulty concentrating and focusing

#### **What is the vestibular system?**

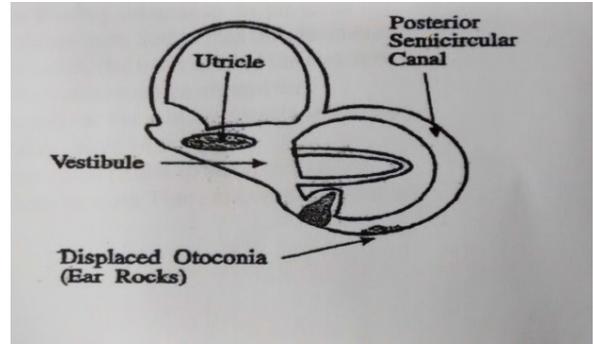
The vestibular system comprises of five sensory organs that provide your brain with information about head position and movements. The five organs include 3 semicircular canals and two otoliths. This system, there is one on each side, is also termed the 'inner ear' as it is connected to the cochlea which is part of the hearing mechanism. The vestibular system provides information to your brain about head rotational movements, linear movements as well as static positions of the head relative to gravity.

#### **BPPV (Benign Paroxysmal Positional Vertigo)**

A most common cause of vertigo is BPPV. The prevalence in the general population is thought to be 2.4%. This prevalence increases with age and is seven times more common in persons over the age of 60 compared to persons from 18 to 39 years of age. BPPV is more common in women than men in all age groups.

**What is BPPV?**

In the otoliths, there are calcium carbonate crystals or otoconia that occur naturally. These 'ear rocks' are fixed to a membrane within the saccule and utricle. If they dislodge, they can migrate into one of the semicircular canals where they don't belong. If this happens, then the problem that is created is termed BPPV.

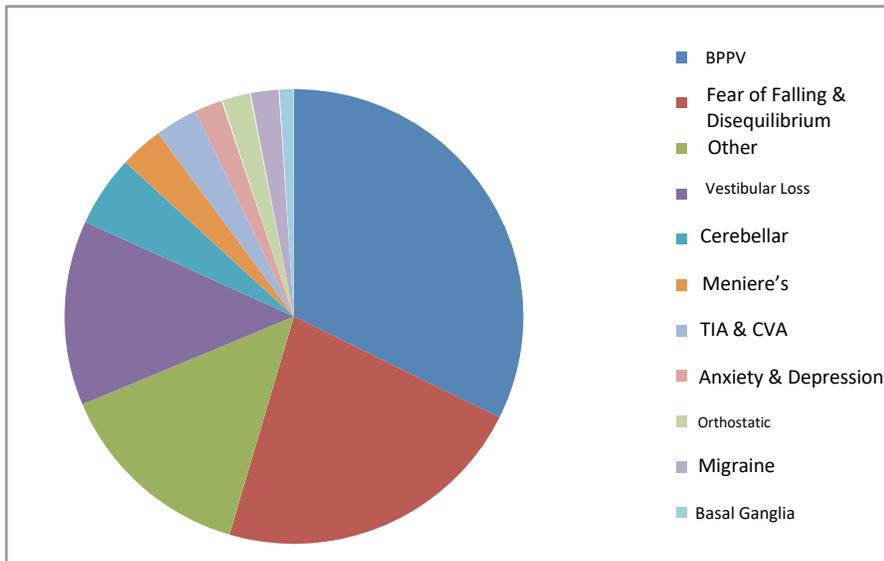


In BPPV, the dislodged 'ear rocks' can move when the individual moves their head into certain positions. This movement of the crystals can trigger a nerve to send erroneous information to the brain, creating a sense of vertigo (spinning) and usually nausea.

While this condition can be serious and cause a negative impact on your life, the literature has shown that 74.8% of people had full resolution of symptoms after one treatment and 98.4% of people had full resolution after 3 treatments.

**Other Causes:**

BPPV isn't the only cause of dizziness and vertigo. It can be generated from a variety of sources. The pie chart below demonstrates this:



**Our Assessment:**

There are many reasons you could be experiencing the symptoms you do. Here at Physical Edge the purpose of our assessment is to determine the cause of your dizziness and find the best course of treatment to help you. Each assessment and treatment program is individualized to address the needs and challenges you face.