



### OUR STAFF

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### BALANCE AWARENESS MONTH

September is balance awareness month. Did you know that balance can be improved with physical therapy? It is true! Physical therapists have been trained to treat an array of balance issues. Whether it is a feeling of unsteadiness in general when trying to get around, a history of falls, or a feeling of dizziness with certain activities, physical therapy can help. Balance systems can be strengthened just like a muscle can be strengthened. The therapist will design a program based on what is giving the patient difficulty, and focus on the areas that need the most improvement to get the patient back to moving around and performing their daily activities in a safe manner. Check out our featured blog this month and find out more information about balance training and how we may be able to help you stay on your feet.

### AROUND THE CLINIC:

You wake up one morning and the whole room is spinning. You sit up and it only gets worse. You feel a bit sick to your stomach and wonder what is going on. You call your doctor and they recommend physical therapy. Yes, that's right, physical therapists treat dizziness. There is a certain condition called Benign Paroxysmal Positional Vertigo (BPPV) which occurs when calcium crystals within your inner ear float into the wrong area of the canal and confuse the signals to your brain. This can often be treated quickly and effectively in 1-2 visits. Check out this blog to find out more information.

<https://www.ptscgj.com/post/benign-paroxysmal-positioning-vertigo-bppv>



# Spotlight Diagnosis of the Month

## Diagnosis: Vestibular Dysfunction

**What is it?** Vestibular dysfunction is a disturbance in the body's balance systems due to an insult or injury to the vestibular system of the inner ear, the central nervous system processing centers, or both. The vestibular system sits within the inner ear and can be affected by a multitude of things, from a viral or sinus infection, to pressure changes from traveling, or a concussion. An insult to this system can cause an injury that results in the system no longer functioning properly. It can make the system hyperactive (too much information) or hypoactive (too little information).

This section is to provide details about commonly seen diagnoses or injuries in our clinic and how Therapy may help.

### Common Symptoms of vestibular dysfunction

- Dizziness
- Feeling off-balance
- Feeling as if you are floating or as if the world is spinning
- Blurred vision
- Disorientation
- Falling or stumbling

### Less Common Symptoms of Vestibular Dysfunction:

- Nausea
- Diarrhea
- Vomiting
- Anxiety
- Fear
- Changes in your heart's rhythm

### How Physical Therapy Can Help:

Physical therapy can be helpful in working with patients to retrain their vestibular system to respond correctly and therefore improve balance and stability. The vestibular system is designed to give the brain feedback during head motion, position changes, and general body movement. When working to improve the vestibular system, therapy often focuses on balance tasks with head motion or eye motion, such as walking down the hallway while turning your head side to side. This is one of many ways that physical therapy can stimulate the vestibular system to respond and begin to work properly. When working with the vestibular system, the exercises often focus on the very things that cause the patients to lose their balance or provoke their symptoms. Most vestibular rehab programs, as always in PT, are tailored to the difficulties that specific patient is having, to address the root cause of the symptoms. Then, the exercises are adapted as the patient improves, to continue to restore the patient back to his or her normal state of function and attain specific goals agreed upon by the PT and the patient.

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\*\*\*Please assist our office and confirm your appointments electronically so we know you are coming, and please continue to call our office if you need to reschedule\*\*\*

