



THE PHYSICAL THERAPY SPECIALTY CENTER

a division of Primary Care Partners

NEWSLETTER

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VERTIGO – WHAT’S WITH ALL THE SPINNING?

Benign Paroxysmal Positional Vertigo (BPPV) is the most common cause of vertigo or dizziness. It brings about a false sensation of spinning due to its symptoms. BPPV can be broken down as follows: *Benign*- this condition is non-life-threatening and often has an unknown origin; *Paroxysmal*- this feeling will come on suddenly, causing brief spells of dizziness; *Positional*- the symptoms can be triggered by certain head positions or movements such as rolling over in bed, looking up or down, and getting up from a laying position; *Vertigo*- a false sense of rotational movement or “spinning”. BPPV can be caused by mild to severe head trauma, keeping your head in the same position for extended periods of time, such as in a dentist’s chair or when on bed rest, and/or any kind of intense jostling of the head such as when bike riding on a rough trail or doing an intense aerobic exercise. This condition is found in 9 out of every 100 adults, is fully treatable, and can be detected through various screening methods and then treated the same day in physical therapy. To find out more about the condition and how physical therapy can help, check out this month’s featured blog.

AROUND THE CLINIC:

If you love the grand valley, one of the reasons you may love it is because of the wonderful farmers markets that are a staple of the summer in Mesa County. September is fruits and veggies months and we still have a few more farmers markets for you to enjoy all of these local fruits and veggies. There are also multiple local farms open for business all week long, so you don’t have to go to the farmers markets. Fresh produce provides great sources for nutrients that help your body heal and decrease tissue damage imp, while improving your overall health. Go get some today!

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Spotlight Diagnosis of the Month

Diagnosis: Rib pain/Rib Dysfunction

What is it?

Rib pain or rib dysfunction is caused when there is a problem between where the rib head aligns with the thoracic spine, this joint is known as the costovertebral junction. The pain is often caused by the rib being “jammed” in a certain position and not moving as it normally should. Ribs should have some flexibility to expand and contract when you breathe and they also move with shoulder joint activities like reaching overhead, pushing, pulling, and stretching. The problem tends to arise when the rib slips out of its normal notch along the thoracic spine, therefore leading to joint stiffness and discomfort with breathing, reaching, stretching, and day to day functional activities. The rib joint can be injured by trauma, i.e. a MVA or a fall, but due to the nature of the ribs and their needed function for lung protection and constant mobility, the ribs can be injured by reaching and sneezing at the same time. Rib dysfunctions are common, occurring in 5% of chest wall pain reports, but possibly up to 25% of upper back pain.

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

Common Symptoms

- Pain in upper back
- Pain with deep breathing
- Pain with upper extremity activities
- Pain in all positions, even when laying or sitting
- Chest wall pain
- Rib neuralgia (nerve pain radiating along rib)

How Physical Therapy Can Help:

Physical therapy is helpful to locate the faulty joint and assist in improving the alignment and mobility of that joint with certain techniques known as muscle energy techniques (MET). MET is when we use the muscles and mechanical pressure from the therapist to allow the rib to move back into the correct position and restore the movement in that rib. Physical therapy is also helpful in improving strength in that area to provide better stability and support for the ribs, this strengthening generally encompasses posture strengthening and spinal stabilization exercises, as these muscles are the main supporting structures in the upper back. There are also certain taping techniques that may be useful in assisting the joint in stability while it is healing, as strengthening can be a slow progression. As always, physical therapy is helpful in pain control and alleviation as well as posture education. All these things can be beneficial in assisting with healing from a rib dysfunction and/or rib pain. The main focus is to restore normal rib alignment and provide improved stability in the area to prevent further injury and future injury.

Please confirm your appointments electronically so we know you are coming, and please continue to call our office if you need to reschedule. We have a \$50 no show/less than 24 hour cancelation fee.

