

April 2024



k i n t s u g i
PHYSICAL THERAPY & WELLNESS

Health & Wellness Newsletter



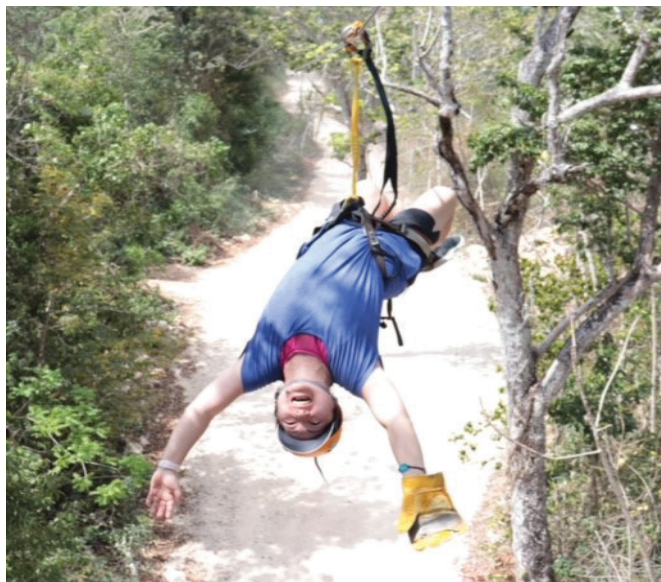
IS YOUR HEAD SPINNING?

Kintsugi Physical Therapy &
Wellness Can Help



Take the first step to a healthier, stronger,
and more active you! Call today!

253.220.4317



IS YOUR HEAD SPINNING?

**KINTSUGI PHYSICAL
THERAPY & WELLNESS
CAN HELP**

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 Kintsugi Physical Therapy & Wellness 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.

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? Here are a few of the most common:

- **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

Continued inside.

**Take the first step to
a healthier, stronger,
and more active you!**

Call today!

253.220.4317

Continued from previous page.

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 Kintsugi Physical Therapy & Wellness 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.**

THE HIDDEN RISKS OF VERTIGO



Hello Friends,

As a vestibular specialist, I've seen firsthand how challenging vertigo can be to live with. The actual sensation is distressing enough, but the risks that come with it can severely impact your day-to-day life.

I've known patients who no longer felt comfortable driving due to their vertigo – making it much harder for them to get to work, run errands, or spend time with their loved ones. Others suffered falls due to their symptoms and, in a few cases, found themselves in the hospital afterward.

I don't say all this to scare you. But I do want to stress just how important it is to find a way to manage your vertigo symptoms. And that's something my team at Kintsugi Physical Therapy & Wellness is well-equipped to do!

Vertigo doesn't have to control your life. Schedule an appointment today to get started.

Be Well,

Christi Riley

PT, DPT, OCS, CFMT, CIMT, ATC, CSCS, CEAS, CPI, TPI, SFMA, CCI, Owner

EXERCISE TO TRY AT HOME

BREATHING EXERCISE FOR VERTIGO

Sit or lie flat on the floor in a comfortable position. Place one hand on your chest and the other on your lower abdomen. Breathe in slowly through your nose. Slowly exhale through your mouth. Repeat for several breaths or until your symptoms decrease.



253.220.4317 | KintsugiPT.com

AN IN-DEPTH LOOK AT VESTIBULAR REHABILITATION

If you're suffering from vertigo, you may have heard you could benefit from vestibular rehabilitation. But what is that, exactly? Let's break it down.

Vestibular rehab focuses on addressing impairments in your vestibular system, which controls your body's sense of balance and proprioception (awareness of itself in space). It mainly focuses on issues in your peripheral vestibular system, the structures and labyrinths in your inner ear that help keep you steady.

Like any good physical therapy program, a good vestibular rehabilitation program is designed around your symptoms, condition, and overall goals. The Kintsugi Physical Therapy & Wellness physical therapists will work closely with you to create your own customized plan.

What Will We Include in a Vestibular Rehabilitation Program?

The aims of vestibular rehab are three-fold. We want to help you...

- Improve your balance
- And reduce your vertigo attacks
- Improve your gaze stability

To accomplish these goals, we'll pull from a blend of targeted vestibular exercises. These activities may not look like "traditional" physical therapy, but they're all techniques proven to help manage vertigo and dizziness symptoms related to vestibular disorders. Here's what you can expect:

- **Habituation Exercises:** We'll help you "habituate" to your vertigo by working with you to identify movements that trigger an attack – and then have you perform those movements in a monitored environment. Over time, your symptoms can decrease.
- **Relaxation Exercises:** We'll show you techniques to calm your body when you do experience a vertigo attack.
- **Vision Exercises:** Vision and vertigo often go hand in hand. By stabilizing your gaze, you can decrease vertigo attacks. These exercises include focusing and refocusing your gaze on a busy visual field, among others.
- **Postural Exercises:** These exercises address all aspects of your body's balance systems (visual, sensory, and vestibular) to help challenge and improve your balance while reducing your fall risk.

Think you might benefit from vestibular rehabilitation?

Call us today to schedule an initial consultation!



PATIENT EXPERIENCE

LESLIE'S STORY

"You leave feeling better!"

Scan the QR code to see Leslie's story on our Testimonial Page and hear in her own words how Kintsugi Physical Therapy helped her vertigo.



We want to hear your PT Success Story!

We appreciate hearing from you and will review your comments carefully. You're not only helping us, but our patients too!

Just scan the QR code and visit our review page.



Thank You!

PAST PATIENTS DOING WHAT THEY LOVE

**Wearing Kintsugi
PT t-shirts.**

Send us your pics wearing our shirt and you may see yourself in the newsletter.



Has Your Pain Come Back? Come Back to PT!

1. Keep up with your physical therapy exercises to relieve pain and prevent further injuries.
2. If your pain doesn't subside, consult with your therapist about what other things might be causing your pain.
3. Contact Kintsugi Physical Therapy & Wellness for an appointment. We will guide you so you can get back to the activities you love.

KintsugiPT.com

253.220.4317