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HOW PT *Can Help* YOUR VERTIGO



Do you find yourself getting dizzy doing everyday tasks? Do you find it hard to focus on one thing for long periods? Do you feel tired, lightheaded, or nauseous at any time of the day? If so, some of these can be signs of vertigo. At Recovery Physical Therapy, our physical therapists can evaluate your condition and help you find relief, sometimes in a matter of minutes!

People who experience vertigo typically report an overwhelming sensation of feeling off balance. It can make someone feel dizzy, like you're moving or spinning, resulting in a loss of balance. Some people experience problems focusing their eyes or have ringing in their ears. If severe, the condition can cause sweating and even nausea or vomiting.

Our physical therapists at Recovery Physical Therapy can help relieve your symptoms. Call today to schedule an appointment with one of our specialists!

THE MOST COMMON CAUSES OF VERTIGO

Three common causes of vertigo symptoms are Benign Paroxysmal Positional Vertigo (BPPV) and Meniere's Disease, and vestibular neuritis.

BPPV is essentially an inner-ear infection. This type of infection occurs when microscopic calcium particles called "canaliths" clump up in the inner ear canals.

Your inner ear is responsible for sending gravitational messages to your brain regarding the movements of your body. This is how we remain balanced daily. When the inner ear canals are blocked, the correct messages cannot make it to the brain, and we become unbalanced – thus, causing vertigo.

Meniere's Disease is a disorder of the inner ear caused by a buildup of fluid and fluctuating pressures within the ear. It has a similar effect as BPPV, as the fluid and pressure block messages from the inner ear canal to the brain, resulting in imbalance. Meniere's Disease can cause tinnitus, commonly referred to as "a ringing of the ears," and may even cause hearing loss in extreme cases.

Vestibular neuritis is also known as labyrinthitis. This is another type of inner ear infection, but it's caused by a virus. The virus causes the inner ear and surrounding nerves to swell, resulting in difficulties with your balance due to discrepancies in the messages sent to the brain.

Although the most common causes of vertigo are due to issues with the inner ear, some less common causes of vertigo include:

- Injury to the head or neck
- Migraines
- Medications
- Stroke
- Brain tumor

Vertigo can sometimes go away on its own, however, it can also progress and worsen over time. If you believe you may have the symptoms of vertigo or one of its causes, it is essential to consult with one of our physical therapists immediately.

HOW PHYSICAL THERAPY CAN HELP

Physical therapy is a standard treatment for vertigo, and our therapists at Recovery Physical Therapy are trained to help alleviate any vertigo symptoms you may be experiencing. Your physical therapist will ask you questions to identify the cause of your vertigo and use this information to design the best treatment.

Continues inside

Come back to PT!

Call Recovery Physical Therapy today at
(917) 763-7825. You can also visit our
website at www.recoverypt.com.

We are proud to be on your team! Call Recovery PT today at (917) 763-7825 to make an appointment.

Continued from outside

Your physical therapist will perform tests to determine the causes of your vertigo. In some cases, the tests will clarify what is going on and how to resolve it. For example, if you have Nystagmus, also known as "eye jerks." This is the phenomenon of experiencing uncontrollable eye movements and is common with BPPV testing.

Our physical therapists are movement experts. In addition to vertigo testing, they also will determine your risk of falling. Then, depending on the results, your physical therapist may recommend further testing or specific interventions to alleviate your condition and ensure you are safe. The exact treatments will focus on helping you get moving again and managing your vertigo simultaneously.

Treatment may include specialized head and neck movements that you can be taught to do. If you still have dizziness and balance problems after vertigo stops, your physical therapist can target specific activities to address those problems.

THERAPEUTIC METHODS FOR VERTIGO

Vestibular rehabilitation focuses on the vestibular system, located within the inner ear. The goal of this kind of therapy is to rebalance your vestibular system.

The vestibular system sends the gravitational messages to your brain about your body movements, and focusing on balance-specific exercises can help reset this system, thus diminishing the effects of vertigo.

Canalith repositioning maneuvers focus on treatment-specific head and body movements for BPPV patients. These exercises help move the calcium deposits out of the inner ear canal to alleviate blockage and allow gravitational messages to be more easily received by the brain. As the backup shrinks, the symptoms of vertigo will lessen.

CALL TO MAKE AN APPOINTMENT

Physical therapy is essential to identify the correct exercises to relieve dizziness and vertigo to improve balance. We'll provide relief for all of your dizzying symptoms!

Contact today to get started!

Source

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5954334/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3806799/>

<https://www.ncbi.nlm.nih.gov/books/NBK482356/>

<https://www.nidcd.nih.gov/health/balance-disorders>

<https://www.choosept.com/guide/physical-therapy-guide-vertigo>



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FALL IN LOVE WITH FEELING GREAT!



PATIENT TESTIMONIAL

*"Dr. Danielle Kelly is an
AMAZING therapist!"*

"Dr. Danielle Kelly is an AMAZING therapist! I was really concerned about starting physical therapy after a back injury. I had heard a lot of horror stories. Danielle took the time to listen, ask questions and make sure everything was properly diagnosed. I was pleasantly surprised with my experience at Recovery Physical Therapy, Fashion District. It feels like she truly cares. I didn't feel rushed and she walks me through all the exercises herself to make sure I was practicing properly. I appreciate her being on time and pushing me when needed. Danielle is very knowledgeable and takes time to explain everything. Russell is also an extremely knowledgeable and professional therapist. The receptionist is super nice and extremely helpful. Thank you, Danielle."

-P.S.

5 TIPS FOR SHOVELING SNOW



Are you the type of person who dreads the snow? Does the thought of shoveling snow make you groan? You're not alone. Shoveling snow can be a real pain in the neck—literally!

Luckily, there are a few tricks you can use to make this chore more manageable. Check out these 5 tips for snow shoveling down below.

1. Warm-up first

You may not think of snow shoveling as a strenuous activity that requires a warm-up, but it is! Getting outside with the shovel before taking a second to warm up your tight and cold muscles increases your chances of injury.

Your warm-up doesn't need to be complicated; something as simple as

a brisk walk or a couple of dynamic stretches is enough to help your body prepare for the task ahead.

2. Choose the right gear

Low back pain from shoveling snow can be exacerbated by improper equipment. Make sure you

have access to both an ergonomic shovel and boots with great traction. The last thing you want is to slip and fall!

3. Use proper technique

Do you know the proper technique for shoveling snow? Keeping your back straight and leading with the hips instead of the lower back is essential. Ensure that your chest is pushed out and pointing

forward. And most importantly, when you lift, rely on your leg muscles with a soft bend in the knee.

4. Take breaks

While it may be tempting to finish shoveling your driveway in one go, failing to pace yourself is how you get injured. Try spreading out the work you have to do over multiple days instead.

5. Push the snow, don't lift

It's much easier on your body to push piles of snow down to the street than it is to carry heavy loads out of your way. Invest in a shovel specifically designed for pushing snow.



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