



MedRehabGroup
PHYSIOTHERAPY

HEALTH & WELLNESS

The Newsletter About Your Health and Caring for Your Body



HOW PHYSIOTHERAPY CAN HELP YOUR VERTIGO

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INSIDE:

- HOW PHYSIOTHERAPY CAN HELP VERTIGO SYMPTOMS
- 10 WAYS TO APPROACH A NEW YEAR'S RESOLUTION

HOW PHYSIOTHERAPY CAN HELP YOUR VERTIGO



Is vertigo slowing you down? You are not alone! Vertigo is a common symptom here at MedRehab and we have the solutions for you. We go the extra mile to make sure you are included and welcomed during your visit.

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 MedRehab Group Physiotherapy, our physiotherapists 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 physiotherapists at MedRehab Group Physiotherapy 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), 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
- Stroke
- Migraines
- Brain tumor
- Medications

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 physiotherapists immediately.



Scan the QR Code to visit our website to schedule your next appointment today!

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How Physiotherapy Can Help Vertigo Symptoms

Physiotherapy is a standard treatment for vertigo, and our therapists at MedRehab Group Physiotherapy are trained to help alleviate any vertigo symptoms you may be experiencing. Your physiotherapist will ask you questions to identify the cause of your vertigo and use this information to design the best treatment.

Your physiotherapist 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 physiotherapists are movement experts. In addition to vertigo testing, they also will determine your risk of falling. Then, depending on the results, your physiotherapist 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 physiotherapist 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

Physiotherapy 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!

Sources:

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



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Shoulder Pain Relief

Many of us have felt shoulder pain before. It can manifest itself as a dull ache when you turn over in bed, or when you reach for something on the highest shelf in your kitchen. It can show up after surgery or as the result of an injury. No matter what form it takes, shoulder pain can literally make you feel as if you can't use your shoulder!

If you're struggling with shoulder pain, know that physiotherapy is a natural, easy, and comfortable way to find relief for shoulder pain, without the need for harmful drugs or invasive surgery. Our southern Ontario physiotherapists at MedRehab Group Physiotherapy have treated tons of underlying conditions that show themselves as shoulder pain. It's very common in our clinic for patients to find improvement and relief after just a few appointments!

To learn more, visit us online at medrehabgroup.com/physiotherapy-center-services/shoulder-pain-relief



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10 Ways To Approach A New Year's Resolution



A New Year's resolution is a promise or commitment made by an individual to themselves, and it can be anything from a pledge to stop smoking to a promise to lose weight.

Achieving your goals takes time, patience, and determination. It also requires you to set realistic goals that you know that you can work towards.

Setting a resolution for the New Year is a great way to set yourself up for success. Resolutions give you direction and help you get things done. But how do you set a resolution? What if the resolution is too hard to achieve? What if you don't know what your resolution should be?

It's essential to start with small achievable goals that will lead to bigger ones. When you're crafting your New Year's Resolution this season, keep these 10 tips in mind.

1. Start with a list of what you want from life and the most important things to you.
2. Choose one aspect of your life that you would like to improve from this list. This could be anything from your physical fitness to learning a new skill.
3. Write down your goal every day for a month to keep yourself accountable.
4. Find someone who will hold you accountable if necessary. You might find that working towards a goal with a buddy is also more fun!
5. Break down large goals into smaller ones so that they are more manageable and less intimidating.
6. Your resolution should not be too difficult to achieve.
7. Resolutions should be specific, making it easier to track your progress.
8. Your goals should be realistic and attainable but also challenging enough to push you out of your comfort zone.
9. A resolution should have deadlines, so there is a sense of urgency and accountability.
10. Pick a goal that will bring you joy. If your resolution brings you a sense of accomplishment or happiness, you're more likely to stick with it.

Good luck completing your resolutions this year! Our team at MedRehab Group Physiotherapy is confident in your ability to hit your goals.

Our Patients Get Great Results!

"I have nothing but amazing things to say about this clinic! The receptionists are so welcoming and helpful. They are understanding and accommodating when booking appointments and answering questions. The therapists are wonderful! They are professional and go above and beyond to make sure their patients are comfortable throughout the entire appointment."

- 5-Star Google Review
Woodbridge Clinic

Need To Reschedule Your Appointment?

If you are feeling sick or have to reschedule, **please call in to ask for other options.**

Call Today!

Benefits expire at the EOY, *make sure to use them now before you lose them!*

Come see us and we will get you feeling better fast, at little to no out-of-pocket expense!

Do you have a family insurance plan? Have you had surgery this year? Have you used your insurance more than usual? If you answered YES, you are more likely to have a \$0 balance remaining on your out-of-pocket expenses. This means the cost could be minimal or completely covered by your insurance plan.

Let our family help your family get a head start going into 2023, before your deductible renews again!

