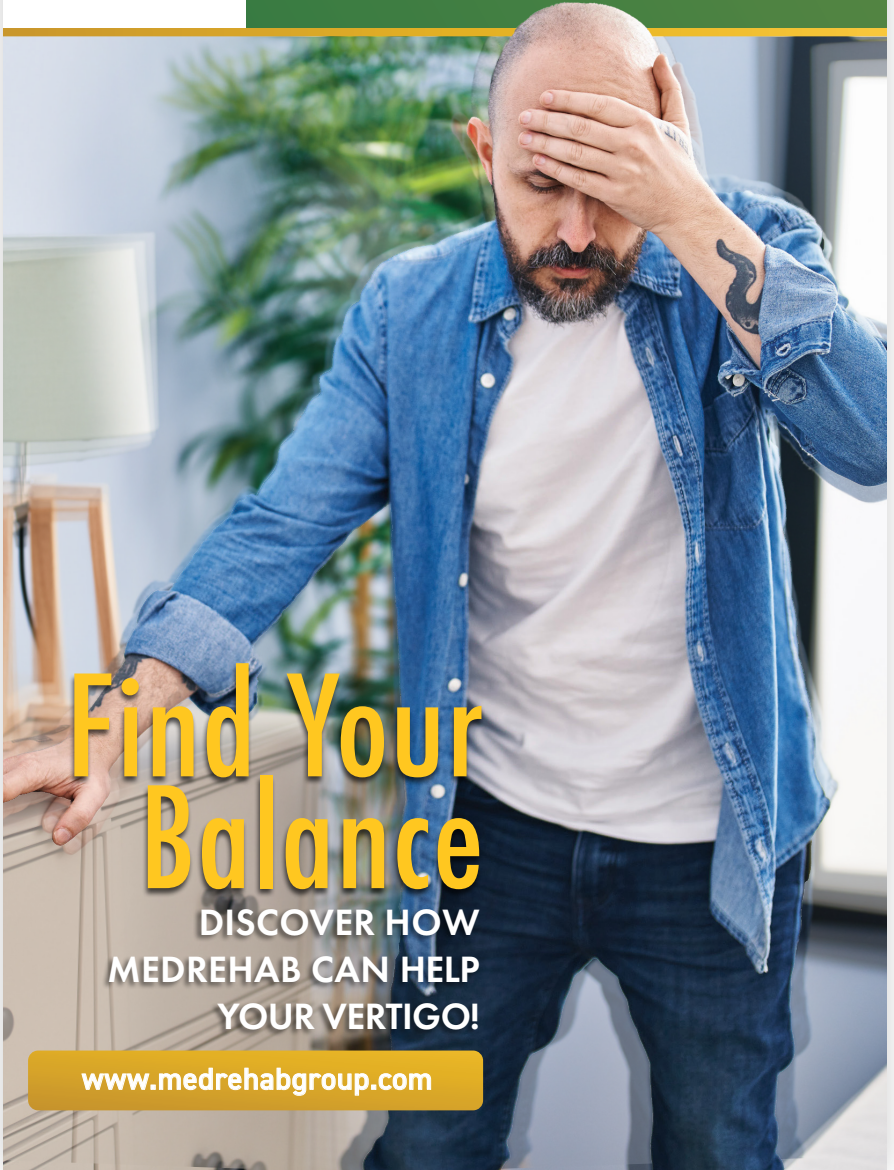




MedRehabGroup
PHYSIOTHERAPY

HEALTH & WELLNESS

The Newsletter About Your Health and Caring for Your Body



Find Your Balance

DISCOVER HOW
MEDREHAB CAN HELP
YOUR VERTIGO!

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INSIDE: TREATING & PREVENTING
SPORTS INJURIES

FIND YOUR BALANCE

DISCOVER HOW MEDREHAB
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 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.

(Continued On Next Page)



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FIND YOUR BALANCE

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HOW PHYSIOTHERAPY CAN HELP YOU

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, your physiotherapist can test 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.

Physiotherapy is essential to identify the correct exercises to relieve dizziness and vertigo and improve balance. We'll provide relief for all of your dizzying symptoms! Contact us today to get started!



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Refer A Friend

Do you have a friend or family member who could benefit from our services? At MedRehab Group Physiotherapy, we love helping people achieve relief from pain and reach their full potential, thus making a difference in their lives.

Our purpose at MedRehab Group Physiotherapy is to leave a greater impact on the communities around us. In order to achieve our goal, we want to change as many lives as possible and become a beacon of positivity in our communities.

If you know someone that could use our help, simply pass along this newsletter or have them call us at their nearest location. We will gladly answer any questions they may have about their condition and how we can help.

By referring a friend, they will thank you and so will we!

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North York | Finch
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Pickering
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Richmond Hill
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Toronto | St. Clair
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Vaughan
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Woodbridge
(289) 278-6709



Treating & Preventing SPORTS INJURIES



For many people, sports are a fun way to burn calories, socialize, and get in shape. Unfortunately, sports injuries or recurrences of old injuries can sometimes be common side effects of an active lifestyle.

A sports injury does not require you to be a professional or even an amateur athlete. In fact, those who have just begun exercising or participating in sports on a recreational level are frequently the most vulnerable to sports injuries.

If you've been injured don't ignore your pain and hope it goes away on its own! It may worsen over time, keeping you out of the game for even longer. Allow a skilled physical or occupational therapist at our clinic to examine you and devise a treatment plan to alleviate your pain and discomfort, and prevent future injuries.

Most sports injuries occur when people are ill-prepared for physical activity and rush into it without first increasing their strength, endurance, and flexibility. To function properly, your muscles, tendons, ligaments, and other tissues must be warmed up. They are subjected to a great deal of strain while running and participating in sports.

As a result, if your muscles, tendons, and ligaments are not in peak condition, they are more vulnerable to injury. Sports injuries are injuries to the musculoskeletal system, which includes muscles, bones, and tissues like cartilage.

The following are the most common sports injuries:

SPRAINS: When the connective tissue that connects one end of the bone to another is stretched or torn, a sprain occurs. Sprains are caused by trauma, such as a fall or a blow to the body that causes a joint to move out of place. Sprains are most common in the ankles, knees, and wrists.

STRAINS: When a muscle or tendon is pulled, torn, or twisted, it causes a strain. Strains are non-contact injuries that occur as a result of overstretching. Muscle spasms are a common type of strain.

If you've sustained either of the above conditions, don't hesitate to contact a physiotherapist. We can get you off the bench and back in the game this spring!

Give us a call at your nearest clinic or visit www.medrehabgroup.com

Our New Location In Concord Is

Now Open!

80 Bass Pro Mills Dr., Unit 12, Concord, ON, L4K 5W9

Tel: (905) 798-1165 | Fax: (905) 798-1166

www.medrehabgroup.com

Our Patients Get Great Results!

"I usually don't write reviews but I think this place is very deserving of one. I needed to start physiotherapy after having surgery on my hand. I needed assistance in getting my range of motion and strength back so I did some research online and found MedRehab- North York. I noticed how great the reviews were, didn't look any further, and decided to give this place a try. **I have NO regrets whatsoever!** For starters, the facility is beautiful and very clean. The staff are wonderful — seriously. The receptionist Fabiana, is such a sweetheart. As soon as I walk in, she greets me by name and with a big smile (even those little things make a huge and positive impact). She has also been a life saver a few times when I needed to change my appointments around due to unforeseen circumstances with no issues — THANK YOU! My physiotherapist, Ms. Rhoda is also lovely. She has been awesome during my sessions and **I've really seen improvement in such a short period of time!** I could go on and on but I'll keep it short and say you honestly can't go wrong by choosing this facility and the professionals that run it. I may even consider using some of their other services."

— Nancy, 5-Star Google Review
North York 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!



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