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# Relieve Your Dizziness and Vertigo

*Health & Wellness Newsletter*

*Have you noticed you are not as steady as you used to be? Do you notice that dizziness makes you feel less balanced? No matter your age, you can improve your balance. At AgeWell Physical Therapy & Wellness, P.C., we can help you figure out what is causing your vertigo and/or dizziness and, more importantly, how to resolve it!*

Balance is a big deal but we take it for granted. Your balance system is incredibly complex and allows you to walk around obstacles without thinking. However, it can be challenging to perform daily tasks and activities you enjoy when your balance is affected.

If you've been feeling dizzy, or you think you may have some of the symptoms of vertigo, call AgeWell Physical Therapy & Wellness, P.C. today to schedule an appointment with one of our experienced physical therapists.

## **What Is Causing Your Dizziness and/or Vertigo?**

Dizziness is a general term used to describe a sense of unsteadiness that may be due to a lack of sleep, poor nutrition, overexertion, or a physical ailment (i.e., a head cold or the flu). Dizziness can also occur from something as simple as standing up too quickly after an extended period of rest.

*Some accompanying symptoms to dizziness may include:*

- Loss of balance
- Lightheadedness or heavy-headedness
- Momentarily impaired vision
- Feeling unsteady or faint

Vertigo is the result of an issue in your inner ear, also known as the "vestibular system." Your vestibular system helps you maintain your balance and center of gravity by sending messages to your brain regarding your movement.

When the vestibular system is impaired, the messages to your brain are altered, and your movement becomes affected. You may feel as if the world is spinning around you, you can't focus your vision for prolonged periods, or you can't stand/move appropriately without feeling like you'll topple over.

*Some common causes of vertigo include:*

- Inability to focus or remain alert.
- Double vision.
- Nausea or vomiting.
- Arm or leg weakness.
- Difficulty seeing or speaking.
- Sweating.
- Abnormal eye movements.



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## How Physical Therapy Can Help Your Balance

Dizziness and vertigo can both hinder your balance, limiting your ability to perform even the simplest of tasks. Luckily, no matter the cause, physical therapy for dizziness and vertigo can help.

At AgeWell Physical Therapy & Wellness, P.C., our therapists have some of the most advanced techniques for diagnosing and treating dizziness and vertigo, including vestibular rehabilitation and videonystagmography.

Our physical therapists will perform a proper physical examination and take a thorough medical history to ensure we provide a comprehensive and personalized treatment plan.

The primary goal of the assessment is to identify the specific cause of your dizziness and use a combination of manual therapy, balance exercises therapy, posture corrections, and education to help you resolve your condition.

### *The most common treatments will focus on:*

- Reducing vestibular symptoms through specific head and body movements and positions. These movements help restore the calcium deposits to

alleviate your dizziness.

- Balance exercises and vestibular rehabilitation. Specific balance exercises and particular activities focus on decreasing nerve sensitivity and reducing the effects of vertigo.
- Postural education to optimize function.

Our therapists may use videonystagmography to determine whether a vestibular disease is causing your dizziness or vertigo. It is the only test available to decipher whether there is a vestibular loss in one or both ears. This non-invasive test uses infrared goggles to record a patient's eye movements to determine how well the patient can react to visual stimuli responses sent from the vestibular system.

If you believe you may be experiencing vertigo, contact us today. We'll provide relief for all of your symptoms.

## Call To Make An Appointment

Physical therapy is essential to identify the correct exercises to relieve dizziness and vertigo to improve balance. Contact AgeWell Physical Therapy & Wellness, P.C. today to get started!

Sources:  
<https://www.nidcd.nih.gov/health/balance-disorders>  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3206229/>  
<https://pubmed.ncbi.nlm.nih.gov/31813696/>

# Types of Footwear for Better Mobility



Have you tried to find the “right” shoe or been told you need more support but don’t know what that means? The best way to determine what shoe is best for you is to have your body’s biomechanics and gait assessed by one of our AgeWell Physical Therapy & Wellness, P.C. physical therapists.

*When choosing a sneaker, boot, or shoe, remember the following:*

- Modern shoes rarely need to be broken in.
- Make sure you have space between your longest toe and the end of the shoe.
- The toe box should be snug and not too tight.
- Your heel should not slip up and down.
- Try the shoes on later in the day.

Your feet should feel good while wearing your shoes, and your footwear should never limit activities.

Remember to avoid too much cushion, too much support, and spending too much money. No matter what type of shoe you are looking for, our team at AgeWell Physical Therapy & Wellness, P.C. can assess your body and guide you through finding the one that works best for your particular needs!

If you are struggling with pain or uncertain about the ideal shoe for your foot, call us today and request an appointment with one of our specialists!

Sources:  
<https://footankleres.biomedcentral.com/articles/10.1186/s13047-018-0284-z>  
<https://meridian.allenpress.com/jat/article/55/12/1215/446284/Can-the-Appropriate-Footwear-Prevent-Injury-in>  
<https://footankleres.biomedcentral.com/articles/10.1186/s13047-018-0284-z#:~:text=Between%2063%20and%2072%25%20of,toe%20deformity%2C%20corns%20and%20calluses.>  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5984451/>

## Immunity Vitamin Burst Smoothie

- 1 cup fresh orange juice
- 1/2 cup milk
- 1/2 cup frozen strawberries
- 1/2 cup mango
- 1/2 cup pineapple
- 1 tsp freshly minced ginger

Add the ingredients to a blender and blend on high speed until completely smooth, scraping down the blender as needed. Add a drizzle of honey or extra ginger to taste, pour into glasses, and enjoy.

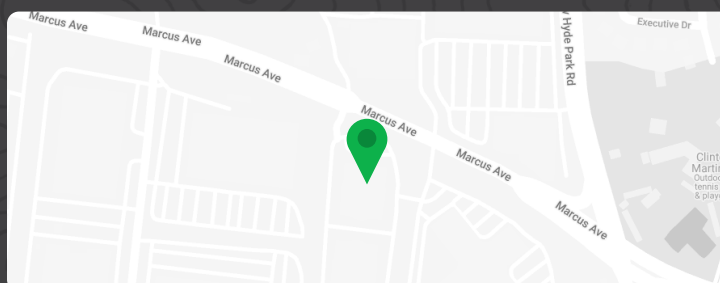


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## Knee Extension Stretch

While sitting near the edge of a chair, tighten your top thigh muscle to press the back of your knee downward towards the ground. Repeat 6 times on each leg.

[Learn More...](#)



## Our Location

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Give us a call at **(516) 488-8808** or visit [www.AgeWellPT.com](http://www.AgeWellPT.com) today!