

Dizziness and Vertigo

70% of people will experience some form of dizziness in their life. It is the second most common reason for doctor visits and the primary reason for nearly half of all falls. Vertigo is a medical condition that is the leading cause of dizziness. Vertigo has several causes but most commonly is due to a problem between the inner ears and eyes. It can be resolved by a physical therapist with experience in treating the condition.

Some common issues that cause Vertigo:

Benign Paroxysmal Positional Vertigo (BPPV): Caused by the dislodging of tiny crystals in the inner ear. This can be caused by trauma, such as a fall, or even from quick head movements. Physical therapy can typically cure this condition in just a few visits.

Labyrinthitis: Inflammation of the inner ear. It can be caused by infection or trauma to the head. Dizziness can frequently be diminished by physical therapy through specific exercise interventions.

Meniere's Disease: A chronic inner-ear condition that creates periodic episodes of Vertigo. Physical therapy can be beneficial in assisting with balance issues encountered during episodes.

What can physical therapy do for Dizziness/Vertigo?

Physical Therapy works to identify the underlying cause of dizziness. Once the source is determined, a treatment plan is designed. For some conditions, such as BPPV, curative manual and exercise interventions are applied to eradicate the condition. For other conditions, such as Meniere's Disease, efforts are directed at decreasing symptoms and improving uninjured systems to enhance function. Advanced training to care for Vertigo lies outside the scope of most therapy training programs; however, UR Medicine / Noyes Health is pleased to offer qualified therapy providers for the treatment of Vertigo at both locations.

Common treatments for Dizziness/Vertigo

Specialized treatment includes both manual (hand-on) therapy and unique exercises, including Dix-Hallpike, Epley, Semont, among others.