

FREE VIRTUAL WORKSHOP



MARKETPLACE
PHYSICAL THERAPY
& WELLNESS CENTER

PREVENT VERTIGO & IMPROVE BALANCE



May 4th at 7 PM PST

FOR MORE INFORMATION CHECK OUT OUR WEBSITE AT:
MARKETPLACEWELLNESSCENTER.COM

RELIEVE YOUR **DIZZINESS AND VERTIGO**

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 Marketplace Physical Therapy, 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 Marketplace Physical Therapy 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.

Visit Us Online www.marketplacewellnesscenter.com or Call Today [951-684-2874](tel:951-684-2874)

HOW PHYSICAL THERAPY CAN HELP YOUR BALANCE

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:

Benign Paroxysmal Positional Vertigo (BPPV). This is the most common cause of vertigo. It occurs when the tiny calcium crystals located in your ears break apart and move around to different parts of the ear that they are not supposed to be in.

Meniere's disease. This occurs when fluid builds up in your ear(s). This typically includes ringing sounds in the inner ear and sudden waves of vertigo that may last for hours. You may also experience momentary hearing losses.

Vestibular neuritis. This is an inner-ear infection that can cause vertigo.

Migraines. Migraines can impact your vestibular system, and may be coupled with sensitivities to light or sound, or may also impair your vision.

Stroke. A stroke affects movement in your whole body. If you recently suffered a stroke, you may experience waves of vertigo which may linger for extended periods of time.

Some accompanying symptoms to vertigo may also include:

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

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 Marketplace Physical Therapy, our therapist has 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 Marketplace Physical Therapy 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/>

VISIT A CLINIC NEAREST TO YOU!

Riverside 3191 Mission Inn Ave. Ste B
Riverside, CA 92507
**Located inside Anytime Fitness*

Riverside/Corona 4270 Riverwalk Parkway, Ste 114
Riverside, CA 92505
**Located inside Anytime Fitness*

Chino 14682 Central Ave
Chino, CA 91710

Redlands 210 E. Citrus Ave.
Redlands, CA 92373

Beaumont 1620 E. 2nd St.
Beaumont, CA 92223

EXERCISE ESSENTIALS

SINGLE LEG BALANCE (ANKLE)

Try this movement to improve your balance.

Start by standing up straight with your feet close together. Slowly raise one foot off the ground slightly. Make sure to brace your abdominals. Hold for 30 seconds and repeat twice on both legs.



Always consult your physical therapist or physician before starting exercises you are unsure of doing.

HEALTHY RECIPE

SPRING VEGETABLE TART

Ingredients

- 2 sheets puff pastry
- 1 egg, lightly beaten
- 5 oz vegetable dip
- 6 baby zucchini, halved
- 3-4 yellow squash, thinly sliced with a mandoline
- 1 bunch asparagus, thinly sliced lengthways with a mandoline



- 1 1/2 c goat's cheese
- Extra virgin olive oil
- Balsamic vinegar glaze
- Mixed herbs, to serve

Directions

Preheat oven to 395°F. Line a large baking tray with baking paper. To make tart case, place pastry sheets side by side on the lined tray. Brush egg wash along the long edge of one sheet, then overlap with the other by 2 cm to create a large single sheet. Fold and pinch all four sides to make a 2 cm border, pushing down to seal. Brush border with egg wash. Prick the base of the tart all over. Place in oven and bake for 20 minutes. Remove from oven and spread base of pastry with dip. Place vegetables in a large bowl. Pour boiling water over vegetables, steep for 1 min to blanch, then drain and pat dry. Scatter vegetables over tart and crumble over goat's cheese. Drizzle with oil and vinegar glaze. Serve with mixed herbs.

<https://www.delicious.com.au/recipes/spring-vegetable-tart/Td9n0XCA>

WE WANT TO HEAR YOUR SUCCESS STORY!

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story and leave your review.
We look forward to hearing
from you!

★ REVIEWS



www.marketplacewellnesscenter.com



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